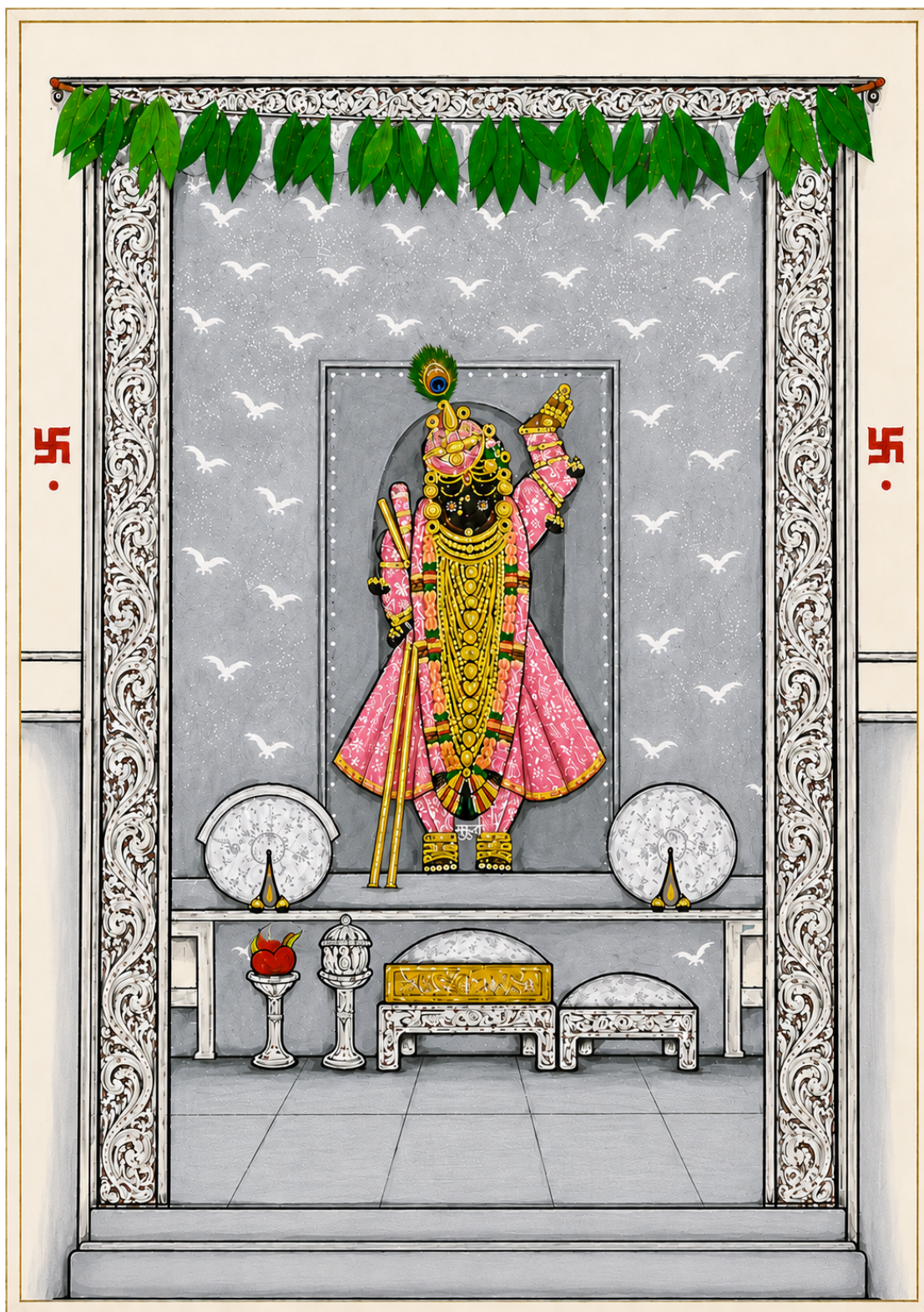


Pushtimargiya Recipe Book (Vyanjan Paak Pradip)



Nikunj Nayak Shri Nathji

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Preface

❀ श्रीकृष्णायनमः श्रीगोपजिनवल्लभायनमः ❀

In the Vallabh Sampradaya, the service of Shri Hari is regarded as the highest and most properly ordained form of devotion, distinct from all other traditions. This truth is accepted by learned scholars and devotees alike. In the same way, nowhere else are the arts of preparing sacred dishes, sweets, and cooking methods practiced with such refinement, care, and excellence. With this understanding, the present work, titled The Vyajan Pak Pradeep, has been carefully compiled as a complete guide to the varieties of dishes and the science of cooking. Though many books on cooking and preparation methods have previously been printed in Gujarati and Hindustani languages, this book has been specially prepared for the benefit of all Pushtimargiya Vaishnav devotees. It was undertaken upon the encouragement and advice of many well-wishers who desired a more complete and detailed work on this subject. Compared to previously printed books, this work contains far more extensive explanations of cooking methods, preparation techniques, sweets, fasting foods, and traditional dishes. After great effort, examination, and labor, the entire work has been arranged and printed in five parts.

The first part contains methods for preparing foods suitable for Ekadashi fasting, including preparations made from singhara flour, water chestnut, kuttu, ripe bananas, sago, potatoes, and nearly twenty similar ingredients.

The second part concerns Milk house preparations. It includes many non-grain delicacies prepared from khoya, sugar, milk, curd, pistachios, almonds, dry fruits, coconuts, mangoes, fruits, and related ingredients.

The third part contains sweet confections and nourishing preparations such as gulab pak, mixed pak, musli pak, salam pak, senna pak, saubhagya soth, syrup preparations, petha pak, gokhru preparations, fenugreek preparations, urad preparations, digestive stimulants, fillings, masalas, and similar items.

The fourth part concerns non-grain preparations and includes many renowned fasting dishes. Along with numerous kinds of kheer, puri, gathiya, pakodi, kachori, gujiya, chutneys, and many related preparations.

The fifth part is devoted to grain dishes. It includes five varieties of rice, numerous rice preparations, lentils, many kinds of breads, cheela, rot, kator, churma, papad, kadhi, dokla, roasted items, sambhariya vegetables, and many additional preparations.

This science of cooking explains in detail the methods of preparing fasting foods, Milk house dishes, sweets, non-grain dishes, grain dishes, and the proper methods for making and completing them. The entire work was prepared in Mathura with great effort by Blessed Raghunathji Shivji, Mukhyaji and resident of Mathura, and was printed and made widely known through the Bombay Type Press of Babu Kishanlal's Bombay Bhushan Press in Mathura. The work was completed on Bhadra Sudi Ashtami, Monday, Samvat 1970. The compiler humbly requests wise readers and devotees to kindly forgive any shortcomings that may remain in this effort and thereby make this labor successful. This entire work is wholly traditional and native in character, and it is the sincere hope of the author that it may become worthy of being preserved in every home, monastery, and among all respectable Vaishnav devotees throughout the country. For those wishing to obtain this book, it may be ordered from: Sitaram Library Vishram Bazaar, Mathura, Phone: 09837654007

Yours faithfully,
Mukhiyaji Raghunathji Shivji
Saraswati Library, Mathura

Note on Measurements

Traditional Indian Cooking Measurements (Modern Approximate Equivalents)

Traditional Measure	Approximate Modern Weight	Approximate Kitchen Measure*
1 seer	about 933 grams (2.06 lb)	about 4 cups flour/rice or 1 liter liquid
Half seer	about 466 grams	about 2 cups
Quarter seer (pav)	about 233 grams	about 1 cup
Half pav	about 116 grams	about ½ cup
1 chhatank	about 58 grams	about ¼ cup or 4 tablespoons
1 tola	about 11.66 grams	about 2 teaspoons
1 masha	about 0.97 grams	about ¼ teaspoon
1 ratti	about 0.12 grams	a small pinch

*Kitchen measures are approximate because ingredient weights vary. For example, flour, sugar, ghee, and rice all weigh differently by volume.

Notes

- A “seer” was one of the most common traditional Indian household measures.
- These measurements could vary slightly by region and time period.
- The conversions above are simplified for modern cooking convenience.
- For best results in baking and sweets, using grams is more accurate than cups or spoons.

Traditional Indian Equivalents

1 seer = 80 rupee weight

Half seer = 40 rupee weight

Quarter seer = 20 rupee weight

Half pav = 10 rupee weight

1 chhatank = 5 rupee weight

1 tola equals the weight of one rupee coin.

1 masha is one-twelfth of a tola.

1 ratti is one-eighth of a masha.

Where red pepper is not specified, black pepper should be used.

All weights and methods have been written according to ordinary household practice. If any mistakes or omissions remain, learned readers are requested to kindly correct them and forgive the errors.

Part 1 – Ekadashi Preparations

Rajgira (Amaranth) Puri and Roti

Rajgira flour – 1 seer

Ghee – ¼ seer

Place water equal to one and a quarter pav on the stove. When the water boils, add three pav of the flour and steam it. Then remove it and mix in the remaining quarter pav flour. When it becomes firm, sprinkle water by hand and add ghee by hand, kneading it until soft and smooth. Make 40 dough balls and cover them with a wet cloth. Then dust the dough balls lightly with Rajgira flour, roll out puris, and fry them on a gentle flame. When fully cooked, remove and drain them in a sieve, then place in a vessel.

If making puris from one seer flour with only a quarter seer ghee, first knead the flour with hot water, then roll and fry the puris.

If making rotis, steam the flour as described above, then roll and roast the rotis, afterward applying ghee.

Rajgira Sev

Rajgira flour – 1 seer

Ghee – ¼ seer

Prepare the Rajgira flour according to the method above by steaming it. Then soften it with ghee and water by hand. Press sev through a sieve and fry on a slow flame until cooked. Remove and drain.

If making salted sev, sprinkle finely ground black pepper, cumin, and rock salt over it.

If making sweet sev, prepare syrup from half a seer sugar and coat it lightly, or prepare sugar candy syrup and coat it.

Rajgira Halwa

Rajgira flour – 1 seer
Ghee – ¼ seer
Sugar – 1½ seer

Roast the Rajgira flour thoroughly in ghee. Then add one and a quarter seer water. When the water is absorbed, add sugar or sugar candy and stir continuously until it no longer sticks to the pan or ladle. Then remove.

Rajgira Magad Laddus

Rajgira flour – 1 seer
Ghee – ¼ seer
Sugar powder – 1 seer

Roast the flour in ghee, mix in the sugar powder, and bind laddus of desired size.

Rajgira Flour Kadhi

Rajgira flour – 1 seer
Cumin – quarter tola
Buttermilk – 1¼ seer
Ground black pepper – 1 tola
Rock salt – 2½ tola
Ghee – 1 tola

Mix Rajgira flour and ground pepper into the buttermilk. Pour into a pot. Heat ghee separately and prepare a cumin tempering until red. Add the mixture into it while stirring with a ladle. Let it boil three or four times, then remove from the fire. Add ground rock salt and stir. If it is too thick, add water and boil again. Add salt afterward.

Singhara Flour Puri

Water chestnut flour – 1 seer
Ghee – one and a half pav

Knead the flour with hot water, then soften lightly with ghee by hand. Dust with flour, roll puris, and fry them.

Singhara Halwa

Water chestnut flour – 1 seer

Ghee – $\frac{1}{4}$ seer

Sugar powder – $1\frac{1}{4}$ seer

Roast the flour in ghee. Then add two seer hot water and stir. When the water is absorbed, add sugar or sugar candy and stir continuously until it no longer sticks to the pan or ladle. Then remove and offer as bhog.

Singhara Patoda

Water chestnut flour – 1 seer

Ground black pepper – 1 tola

Buttermilk – $2\frac{1}{2}$ seer

Sieved cumin – 1 tola

Ground rock salt – 4 tola

Mix the flour with buttermilk and cook in a pot until thick like halwa. Remove from heat and mix in pepper, cumin, and salt. Grease a tray with ghee and spread the mixture into it. Once set, cut evenly into square pieces with a knife.

Kutu Puri

Buckwheat flour – 1 seer

Ghee – $\frac{1}{4}$ seer

Steam the flour according to the earlier method. Add ghee by hand, make dough balls, roll puris using dry flour for dusting, and fry them.

Buckwheat Flour Halwa

Buckwheat flour – 1 seer

Ghee – ¼ seer

Roast the flour in ghee. Add two and a half seer hot water. When absorbed, add one and a half seer sugar or sugar candy. Stir until uniform and no longer sticking to the pan or ladle. Then remove.

Buckwheat Roti

Buckwheat flour – 1 seer

Ghee – ¼ seer

Steam the flour, make dough balls, dust with flour, roll and roast the rotis until puffed. Then apply ghee.

The same method applies for kadhi and patoda.

Raw Banana Puri

Raw bananas – 2 seer

Ghee – ¼ seer

Black pepper – 1½ tola

Cumin – 1 tola

Rajgira flour – 1 seer

Boil the bananas with peel in water. Remove the peel and grind them. Mix in one quarter seer Rajgira flour. Add ground cumin and black pepper, make dough balls, dust with Rajgira flour, roll puris, and fry in ghee.

Sama Rice

Sama grain – 1 seer

Ghee – ¼ seer

Cook the Sama grain in water until it becomes like rice and no grains remain hard. Then remove and add ghee.

Sama Sweet Lapsi

Sama grain – 1 seer

Sugar – 1 seer

Ghee – a little less than $\frac{1}{4}$ seer

Boil water. Add sugar or sugar candy and let it boil. Then add the Sama grain. When cooked, add ghee and spread into a tray. After setting, cut into pieces.

Potato Slices

Potatoes – 1 seer

Ghee – quarter seer

Ground rock salt – 2 tola

Ground black pepper – 1 tola

Peel the potatoes and slice them. Fry in ghee and sprinkle salt and pepper.

Potato Sev

Potatoes – 1 seer

Ghee – quarter seer

Ground rock salt – 1 tola

Ground black pepper – 1 tola

Peel and grate the potatoes. Wash in water and drain in a sieve. Fry little by little in ghee until crisp. Then sprinkle salt and pepper.

Potato Pieces

Potatoes – 1 seer
Green chilies – 5
Ghee – quarter seer
Cumin – 1 tola
Rock salt – 2 tola
Ground black pepper – 1 tola

Peel the potatoes and cut each into four or eight pieces. Heat ghee and add green chilies and cumin for tempering. Fry thoroughly until well cooked. Then sprinkle salt and pepper.

Potato Curry

Potatoes – 1¼ seer
Ghee – 4 tola
Cumin – 1½ tola
Salt – 1 tola
Ground black pepper – half tola
Curd – quarter seer
Sugar powder – 4 tola
Green chilies – several

Peel and cut the potatoes for curry. Temper with cumin and chilies in ghee. Cook thoroughly, then add curd, sugar powder, and pepper. Remove afterward.

Thin Potato Curry

Potatoes – 1 seer
Ghee – 2 tola
Cumin – 1 tola
Rock salt – 2 tola
Buttermilk – 1 seer
Sugar powder – 2 tola
Green chilies – 1

Peel and cut the potatoes into small pieces. Temper cumin and chilies in ghee and cook the potatoes. When cooked, add buttermilk. Let it boil once or twice, then remove and add ground salt.

The same method applies to yam, arbi, sweet potato, cucumber, bottle gourd, amaranth greens, melon, and pumpkin curries.

Turmeric is not used during Ekadashi fasting.

Fasting Cucumber Khaman

Tender cucumber – 1 seer

Fresh coconut – 1

Cumin – 4 tola

Rock salt – 10 tola

Peanuts – half seer

Green chilies – 5 tola

Or black pepper – 10 tola

Cut the cucumber into very small pieces like split gram. Mix in the ground rock salt thoroughly. Tie it in a cloth and place a weight on top so all excess water drains out.

Then mix in grated coconut and finely crushed roasted peanuts. Roast and pound cumin and chilies, then add them. If green chilies are not used, add ground black pepper instead. If too much water has drained and the salt has reduced, add a little more ground rock salt.

In fasting foods, only rock salt should be used.

Thus ends the first part of Vyajan Pak Pradeep, containing fasting preparations, composed by Sukhiyaji Rakhnathji Shivji.

Part 2 – Milk-Based Preparations (Doodh-Ghar)

Method for Making Manohar

Khoya – 1¼ seer
Raw bananas – 1¼ seer
Ghee – 1 seer
Thick milk cream – 1¼ seer
Sugar or sugar candy – 1¾ seer
Rock sugar granules – three-quarter pav
Nutmeg – 1 tola
Saffron – half tola

Roast the bananas in hot ash with gentle heat. When cooked, remove the peel and grind them. Mix in the khoya. Then add thick milk cream, one seer ghee, and half seer curd, mixing thoroughly.

Place the mixture in a cloth and fry it in ghee through a sieve so that it comes out like fine sev. When fried, collect it in a tray.

Prepare syrup from one and three-quarter seer sugar to the consistency of honey. Add saffron and remove from the fire. Then mix in the fried sev-like Manohar. Sprinkle rock sugar granules over it. When cool enough to bind, add fragrant nutmeg. Dry fruits may also be added if desired. Form pieces or laddus.

Method for Making Dahi Vada

Curd from milk – 1 seer
Ghee – half seer
Sugar – 1½ seer
Thick milk cream – 1 seer

Tie half seer curd in a cloth and hang it so the water drains out. Remove it the next morning. Add a little shortening from the cream and mix into the curd.

Prepare sugar syrup to a honey-like consistency. Make vadas and fry them. Remove and immediately place them into the syrup. Once all the syrup has been absorbed, remove and place in another vessel.

Method for Pistachio Jalebi

Pistachios – half seer

Curd – 1 seer

Thick milk cream – half pav

Sugar – 3 seer

Ghee – 1½ seer

Steam the pistachios, remove the skins, grind very finely, and sieve them. Mix a little shortening into the thick milk cream and combine with the ground pistachios. Churn thoroughly. If too stiff, add more curd.

Take a double-folded cloth about two and a quarter hand lengths long, make a hole in one corner the size of a gram, and fill it with the batter.

Fill a pan with ghee. Press the cloth with the fist and pipe jalebis into the ghee. Prepare somewhat thick sugar syrup beforehand and place the jalebis into it as they are fried.

Method for Orange Barfi

Oranges – 20

Sugar – 2½ seer

Ghee – quarter seer

Saffron – half tola

Musk – 2 ratti

Extract the pulp of the oranges and cook it into a thick paste. Add four tola ghee and stir continuously with a brass ladle. When it remains soft like halwa, remove it.

Prepare sugar syrup from two and a half seer sugar to the consistency of batasha syrup. Add saffron and then mix in the orange paste. Remove and let cool slightly. When it begins to set, add fragrant musk and spread in a greased tray.

Another Method for Orange Barfi

Oranges – 4
Ghee – 4 tola
Khoya – quarter seer
Musk or camphor – 1 ratti
Saffron – half tola
Sugar – 1½ seer

Add orange pulp to the sugar syrup and cook until slightly thicker than Mohanthal syrup. Remove immediately from the fire. Add saffron and mix in the khoya. When uniform and ready to set, spread and cut into slices.

Method for Orange Tava Pudi

Large oranges – 10
Powdered sugar candy – half pav
Musk, or if unavailable, mace – half tola
Khoya – three-quarter pav
Sugar – 1¼ seer
Saffron – half tola

Peel the oranges and remove the pulp. Cook it on the stove into khoya. Add as much ghee as it absorbs and remove from the fire.

Prepare sugar syrup from one and a quarter seer sugar to a firm-ball consistency and add saffron. Remove from heat and mix in the orange khoya. When cool, add fragrance and make laddus.

If the syrup becomes too thick, add a little orange juice.

Place khoya in a pan, add ten tola sugar, and cook into khoya fudge. When it no longer sticks to the hand, remove it. Take the orange laddus, cover them with khoya, and flatten them in the palm into tava-pudi shape.

Another Method for Orange Tava Pudi

Large oranges – 10
Khoya – quarter seer

Mace – half tola
Ghee – 2½ seer
Saffron – half tola
Thick milk cream – three chhatank
Sugar – 1 seer
Musk – 1 ratti
Raw bananas – 4

Remove the orange pulp and prepare khoya as above. Add the quarter seer khoya and ghee. When ready, remove from heat.

Prepare sugar syrup from one and a quarter seer sugar to firm-ball consistency. Mix in the prepared khoya along with saffron and musk fragrance and make filling balls.

Roast the bananas with peel in ash, peel and grind them. Add a little shortening to the thick cream and mix with the bananas. Make dough balls and roll puris using cream for dusting.

Fill the puris with the prepared filling and seal well. Fry lightly in ghee like puris and place in a tray.

Method for Orange Halwa

Oranges – 10
Cream – 2 seer
Saffron – 1¼ tola
Sugar – 1¼ seer
Khoya – quarter seer
Ghee – half pav

Remove orange pulp and cook into thick paste. If it sticks, add ghee. When it reaches halwa consistency, add khoya. Once fully mixed, add sugar syrup and saffron. When slightly cool, add musk and store in a vessel. This keeps well for fifteen days and cools the body.

Another Method for Orange Halwa

Orange pulp from 10 oranges
Sugar – 1¼ seer
Saffron – 1 tola
Cardamom – 1 tola

Prepare somewhat thick sugar syrup and add the orange pulp. When the syrup reaches four-thread consistency, add saffron and remove. Add fragrance afterward.

Method for Orange Barfi

Orange pulp from 10 oranges
Sugar – 1½ seer
Camphor or mace – half tola
Ghee – half pav
Milk – 1 seer

Keep the pulp of one orange separate and roast the remaining pulp until it becomes halwa-like. Remove.

Reduce one and a quarter seer milk into khoya and mix into the halwa. Prepare sugar syrup to firm-ball consistency. Then add the reserved orange pulp and saffron. Remove from heat. When slightly cool, mix in the halwa and khoya mixture. Once ready to set, add fragrance and spread into a tray.

Method for Orange Manohar

Orange pulp from 10 oranges
Khoya – half pav
Sugar – 1¼ seer
Ghee – half pav
Thick milk cream – half pav
Saffron – half tola
Musk – 2 ratti or mace – half tola

Roast the orange pulp in one chhatank ghee into halwa. Add a little shortening to the thick cream, then mix in the halwa and khoya. If too thick, add a little curd.

Press the mixture through a sieve into sev-like strands. Prepare syrup to four-thread consistency, add saffron, remove from heat, and mix in the sev. Add fragrance. When cool enough to bind, form laddus.

Mango Pulp Barfi

Mango pulp – 2 seer
Sugar – 2 seer
Musk – half ratti or mace – half tola
Ghee – one and a half pav
Saffron – half tola

Grease a brass vessel with ghee, add the mango pulp, and cook over the stove while stirring continuously with a wooden ladle. Add ghee gradually as needed. Continue until it becomes halwa-like, then remove.

Prepare sugar syrup to firm-ball consistency, add saffron, and remove. When ready to set, mix in the mango halwa and fragrance, then spread into a tray.

Another Method for Mango Barfi

Hapus mangoes – 2
Sugar – 1 seer
Saffron – half tola
Mace – half tola

Peel the mangoes and cut into slices two fingers thick. Prepare thick syrup like coarse sugar crystals, remove from heat, add saffron, and place the mango pieces into it.

Place again on the stove. Once it boils, remove. When cool, add fragrance and spread into a tray.

Mango Pulp Halwa

Prepare exactly like the mango pulp barfi, but keep the syrup slightly softer.

Method for Mango Halwa

Mango pulp – 1 seer
Ghee – quarter pav
Sugar – 1½ seer
Saffron – 1 tola
Musk – 2 ratti

Cook the mango pulp in a brass vessel while stirring with a wooden ladle. As it thickens, add ghee gradually until it reaches halwa consistency and no longer sticks. Remove.

Prepare syrup like coarse sugar crystals, add saffron, and remove immediately. Stir slightly and mix in the halwa. When cool, add fragrance and store in a vessel.

Method for Raw Mango Halwa

Raw mango – half seer
Charoli seeds – 4 tola
Sugar – 1 seer
Ghee – quarter seer

Roast the raw mango in hot ash. Remove the pulp and roast it in ghee. Once slightly roasted, remove.

Prepare sugar syrup to firm-ball consistency and add the roasted pulp. Add charoli seeds and store in a vessel.

Another Method for Raw Mango Halwa

Raw mangoes – 4
Sugar – 1½ seer
Ghee – quarter seer
Saffron – half tola
Cardamom – half tola
Charoli seeds – 2 tola

Roast the mangoes over fire. Remove the peel and take out the pulp. Roast the pulp in ghee.

Prepare syrup to four-thread consistency, add saffron, and remove. Mix in the pulp, charoli seeds, and fragrance. Store in an earthen vessel.

Method for Mango Tava Pudi

Mango pulp – 2½ seer

Sugar – 1½ seer

Ghee – half seer

Khoya – three pav

Sugar candy or sugar powder – quarter seer

Cook the mango pulp while stirring with a wooden ladle. As it thickens, continue adding ghee. When grainy and thick, remove.

Prepare very thick syrup and mix it into the mango halwa. Cook khoya separately with sugar candy or sugar powder until uniform.

Make dough balls, roll puris, fill them with the mango halwa filling, and flatten lightly with sugar candy or sugar powder in hand like tava pudi.

Method for Pistachio Halwa

Pistachios – quarter pav

Ghee – quarter pav

Sugar – half seer

Cardamom – 1 tola

Soak pistachios in water and heat until the skins loosen. Remove skins and grind. Roast in ghee over a slow flame. Remove when half roasted.

Prepare slightly thick syrup. Once cooled somewhat, mix in the pistachio paste and fragrance.

Method for Pistachio Barfi

Pistachios – 1 seer
Sugar – 1½ seer
Ghee – half seer
Cardamom – 1 tola

Soak pistachios for two hours. Rub in cloth to remove skins and grind finely. Roast in ghee until half-cooked.

Prepare syrup like Mohanthal syrup. When cool enough to set, add the pistachio mixture and fragrance and spread into a tray.

This can also be made with finely sliced pistachios. Almond barfi is made the same way.

Pistachio Mesu

Pistachios – quarter pav
Sugar – 1½ pav
Ghee – 2½ pav

Pound the pistachios finely and sieve them through a flour sieve.

Place three chhatank water in a pan and add sugar. When the syrup reaches three-thread consistency, add the pistachio powder gradually while adding ghee little by little. Stir constantly from all sides so it does not burn.

When the ghee is absorbed, continue stirring. Once it releases ghee, opens up, and rises upward, check the color. It should not become too dark. Then spread into a tray and cut into desired pieces.

For proper Mesu preparation, never make less than half a seer quantity, and prepare it in a large pan or halwai vessel.

Another Method for Pistachio Mohanthal

Pistachios – quarter pav
Sugar – one and a half pav
Ghee – three pav

Place the pistachios in hot water, remove the skins, and grind very finely into a paste. Roast in ghee until half-cooked and grainy. Then prepare three-thread sugar syrup and add the pistachio mixture. Continue adding ghee gradually. When it opens up, releases ghee, and rises, remove it. Do not let it become too dark. Prepare further according to the previous method.

Method for Almond Halwa

Almonds – quarter pav
Sugar – half seer
Ghee – quarter seer
Musk – 1 ratti
Saffron – one and a half masha
Cardamom – 1 tola

Take the almonds, soak in hot water, remove the skins, grind them, and sieve the paste. Prepare slightly thick sugar syrup, add saffron, and remove from the fire. When it cools slightly, add the roasted almond paste. When somewhat cool, add fragrance. If it becomes too hot, sprinkle a little milk. Keep the consistency like halwa.

Another Method for Almond Halwa

Almonds – quarter seer
Ghee – quarter seer
Milk – half seer
Rock sugar granules – three pav
Saffron – one and a half masha
Cardamom – 1 tola

Soak almonds in warm water, remove the skins, grind finely, and roast in ghee. When roasted, add half seer milk and stir continuously with a wooden ladle. When the milk thickens completely, add the rock sugar granules. Once it boils, remove from the fire. Add saffron. When slightly cool, add fragrance. This halwa keeps for four days.

Method for Almond Barfi

Almonds – 1 seer
Saffron – 1 tola
Sugar – 1½ seer
Cardamom – 1 tola

Soak the almonds overnight in hot water. Remove the skins and grind finely. Roast thoroughly in ghee. When roasted well, sprinkle a little milk and remove from heat.

Prepare sugar syrup and add saffron. When slightly thick, mix in the roasted almond paste. When cool enough to touch with a finger, add fragrance and spread into a tray.

Method for Almond Halwa

Prepare according to the almond barfi method, but keep the syrup softer.

Method for Almond Mesu

Almonds – quarter seer
Sugar – one and a half pav
Ghee – two and a half pav

Pound the almonds finely into powder and sieve gently. Place three chhatank water into a small pan and prepare three-thread sugar syrup. Add the almond powder gradually, then add ghee little by little while stirring continuously from all sides so it does not burn.

When the ghee is absorbed, add more. Continue until it releases ghee, blooms, and rises upward. The color should not become too dark. Spread into a tray. When slightly cool, cut into pieces of desired size.

For making a large quantity of Mesu or Mohanthal, do not make less than half a seer, otherwise the proper texture does not develop. If it spoils, the loss is also less. Mesu should be prepared in a large pan or halwai vessel.

Another Method for Almond Mesu

Almonds – quarter seer
Sugar – one and a half pav
Ghee – three pav

Soak almonds in hot water, remove the skins, and grind very finely. Roast in ghee until half-cooked and grainy. Add to three-thread sugar syrup and continue stirring while adding ghee. When it releases ghee, spread and set it.

Method for Almond Jalebi

Almonds – 1 seer
Thick milk cream – quarter seer
Ghee – 1½ seer
Sugar – 2 seer
Milk – three chhatank
Saffron – half tola

Steam the almonds in water, remove the skins, and grind finely. Mix one chhatank ghee into the thick milk cream and combine with the ground almonds. Add three-quarter pav milk and churn well.

When piping jalebis, first make one circle. If it spreads too much, add two tola more thick cream. If too soft, add a little more milk.

Method for Almond Roti

Almonds – quarter seer
Rock sugar – quarter seer
Saffron – half tola
Cardamom – 1 tola

Remove almond skins in hot water and grind finely. Mix in rock sugar, fragrance, and saffron. Make four dough balls.

Place paper on a rolling board or tray, put the dough ball on it, and flatten into the size of a puri, as thick as a bajra roti. Place paper above and below and roll gently.

Heat a brazier strongly and place the tray underneath it so that the brazier remains two or three fingers above the tray. Watch continuously. When wrinkles begin to appear, turn it over. Remove the lower paper and flip again. When fully wrinkled and crisp, remove.

This same method is also used for poppy seed rotis.

Method for Making Khoya (Mawa)

Milk – 4 seer

Take a large pan capable of holding ten seer milk. Clean it thoroughly until shining white. Pour in four seer milk and place on the stove. Stir continuously with a wooden ladle so it does not stick.

As it thickens and becomes like soft halwa, add two chhatank cream and remove from heat. Stir for two or three more minutes, then spread around the sides of the pan with the ladle. Once cool, scrape it off.

This khoya is called “Kunda.” If one seer khoya is obtained from four seer milk, then the milk is considered very good.

Method for Khoya for Barfi

Prepare khoya as above. When it becomes thick like rabri, squeeze in the juice of half a lemon and add four tola sour curd. When grains form in it, continue according to the previous method.

This grainy khoya is used especially for making barfi, giving it a granular texture. This khoya is mainly used in barfi and other sweets where specifically mentioned.

Method for Making Barfi

Khoya – 1 seer
Charoli seeds – 2½ tola
Sugar – 1¼ seer
Cardamom – 1 tola
Fragrant essence – 2 ratti

Take one seer grainy khoya. Prepare sugar syrup to firm-ball consistency like batasha syrup. Stir a little and when slightly cool, mix in the khoya and fragrance. Spread into a tray and sprinkle charoli seeds on top.

Method for White Pedas with Thick Syrup

Khoya – 1 seer
Sugar powder – 1¼ seer
Cardamom – 1 tola
Fragrant essence – 3½ ratti

Place khoya into a pan and add sugar powder. Put on the stove and stir continuously. When it begins to set on the finger, remove it. Spread around the sides of the pan, gather together, and knead in the palms. Add fragrance and cardamom, then shape into pedas as desired — round, flat, or ridged.

Method for Saffron Pedas with Thick Syrup

Khoya – 1 seer
Sugar powder – 1¼ seer
Cardamom – 1 tola
Saffron – three-quarter tola
Fragrant essence – 2½ ratti

Add saffron either while making the khoya or while adding the sugar powder. Prepare according to the previous method. These saffron pedas with thick syrup do not spoil for six months.

Method for White Pedas with Soft Syrup

Kunda khoya – 1 seer
Sugar powder – 1¼ seer
Cardamom – 1 tola
Fragrant essence – 2½ ratti

Roast the khoya and remove from heat. When cool, mix in the sugar powder and fragrance. Shape into pedas as desired.

Method for Saffron Pedas with Soft Syrup

Kunda khoya – 1 seer
Sugar powder – 1¼ seer
Cardamom – 1 tola
Saffron – three-quarter tola
Fragrant essence – 3 ratti

Add saffron while preparing the khoya, then proceed according to the previous method and add fragrance.

Method for Khoya Sev Laddus

Khoya – 1 seer
Thick milk cream – half pav
Sugar – 3 seer
Curd – 3 chhatank
Ghee – 3 pav
Cardamom – half tola

Grind the khoya and mix in the cream. Sprinkle curd and mix by hand, then press into sev strands. Fry in ghee. If it scatters apart, increase the heat slightly. Remove gently.

Prepare four-thread syrup. When slightly cool, add the sev and fragrance. Stir gently. When cool enough, bind into laddus.

Khoya Khaja

Khoya – 1 seer
Ghee – half seer
Sugar – 1¼ seer

Place khoya on the stove and mix in quarter pav sugar powder. When fully combined, remove and cool. Dust with thick cream and roll into sheets. Place on a sieve and fry.

Prepare syrup like khaja syrup, stir lightly, and coat gently. This can also be made without frying.

Khoya Gagan

Khoya Kunda – 1 seer
Sugar – 3 pav

Lightly roast the khoya and mix in half pav sugar powder. When fully combined, remove. When firm, press into sev strands and dry them. Once dried, coat in sugar syrup.

This preparation is rarely made in temples.

Khoya Kapoornadi

Khoya – half seer
Powdered rock sugar – half seer
Fragrant essence – 1½ ratti
Ghee – 1 tola
Cloves – 1 tola

Place khoya on the stove and mix in powdered sugar. When uniform, remove and add fragrance.

Mix ghee into sugar candy and prepare small khoya puris. Fill them with sugar candy and fold into Kapoornadi shape, fixing cloves into them.

Khoya Magad Laddus

Khoya – 1 seer
Ghee – one and a half pav
Sugar powder – 1½ seer
Cardamom – 1 tola
Fragrant essence – 3 ratti

Take grainy khoya and roast it with ghee until it releases ghee and becomes almond-colored and granular. Remove and mix in sugar powder and fragrance thoroughly. Add cardamom and bind laddus of desired size.

Khoya Manohar

Sweet khoya – 1 seer
Thick milk cream – 1 seer
Ghee – 1½ seer
Sugar – 2 seer
Saffron – 1 tola
Cardamom – 1½ tola
Fragrant essence – 3 ratti

Mix khoya, thick cream, and half seer ghee thoroughly. Add saffron and press through a sieve into sev strands. If it breaks, sprinkle a little water.

Prepare sugar syrup beforehand and add the sev into it. When cool enough to bind, add fragrance and make laddus.

Khoya Gujja Filled with Rock Sugar

Khoya – 1 seer
Rock sugar crystals – quarter seer
Sugar powder – quarter seer
Fragrant essence – 2 ratti

Take four seer buffalo or cow milk and prepare khoya. Reserve quarter pav milk beforehand and add it when the milk is reduced halfway. Continue making khoya and remove from heat.

While still warm, stir continuously and spread along the sides of the pan. Scrape together and add quarter pav sugar powder. Heat again and stir. When slightly firm, remove and spread around the pan once more. Scrape off and knead thoroughly in the palms.

Flatten into puri-like discs and fill with rock sugar crystals mixed with fragrance. Fold double and seal the edges. Roll in rock sugar granules and keep aside.

For saffron Gujja, add quarter tola saffron while making the khoya or while adding the sugar powder.

Khoya Dry Fruit Vati Filled with Rock Sugar

Khoya – 1 seer
Powdered rock sugar – half seer
Sugar powder – half seer
Fragrant essence – 2 ratti

Prepare saffron or white khoya according to the previous method. Shape small discs in the palm, fill with rock sugar mixed with fragrance, place another disc on top, seal all sides, and roll in sugar crystals.

Nepati Filled with Fine Dry Fruit Granules

Khoya – 1 seer
Almonds – half pav
Pistachios – half pav
Rock sugar – half pav
Cardamom – 1 tola

Prepare khoya according to the previous method. Grind almonds, pistachios, and rock sugar finely. Add cardamom seeds and fill the preparation as described above.

Khoya Sev

Khoya – 1 seer
Sugar powder – quarter seer

Place one seer khoya on the stove and mix in quarter pav sugar powder while stirring continuously until firm.

Potato Jalebi

Potatoes – 1 seer
Thick milk cream – half seer
Sugar – 2 seer
Ghee – 1½ seer
Saffron – 1 tola

Steam the potatoes, remove the peels, mash them, and strain through cloth. Mix shortening made from ghee into the thick milk cream and combine with the potatoes. Then prepare jalebis according to the previous method.

Raw Banana Jalebi

Raw bananas – 1 seer
Thick milk cream – quarter seer
Sugar – 2 seer
Ghee – 1½ seer
Saffron – half tola

Roast the raw bananas in hot ash, remove the peels, mash them, and strain through cloth. Mix shortening from ghee into the thick milk cream and prepare jalebis according to the previous method.

Curd Jalebi

Curd – 1 seer
Thick milk cream – one and a half pav
Ghee – 1½ seer

Sugar – 2 seer
Saffron – half tola

Tie the curd in cloth the previous day. Next day mix shortening made from three-quarter pav ghee into the thick milk cream and combine with the curd. If too firm, add curd or milk.

Mix half the saffron into the batter and half into the syrup. Pipe through cloth and prepare jalebis according to the previous method. If they scatter apart, add more shortening or thick cream.

Charoli Tava Pudi

Charoli seeds – 3 pav
Khoya – 3 pav
Sugar – 1 seer
Ghee – 1½ pav
Rock sugar – quarter seer
Cardamom – 1 tola

Soak the charoli seeds, rub in cloth to remove skins, and grind them. Roast in ghee. Prepare sugar syrup like Mohanthal syrup and mix in the charoli paste.

Cook khoya separately and mix in powdered rock sugar. When uniform, remove. Roll puris and fill with the charoli filling mixed with fragrance. Flatten by hand into tava-pudi shape.

The same kind of tava-pudi is also made with almond or pistachio filling.

Coconut Ghari Puri

Grated fresh coconut – half seer
Khoya – 1 seer
Sugar – 1 seer
Ghee – 1 seer
Pistachio slivers – half pav
Fragrant essence – 3 ratti

Grate fresh coconut. Mix in quarter seer khoya and cook on the stove with sugar until uniform. Remove and add fragrance.

Cook three-quarter seer khoya separately and mix in quarter pav rock sugar until uniform. Remove.

Make small puris by hand, fill with the coconut mixture, and flatten. Prepare the rest similarly. Heat ghee and pour it over the tops repeatedly two or four times, letting each layer set before pouring again. Finally press pistachio slivers on top.

Method for Dahi Vada

Curd – 2 seer

Thick milk cream – quarter seer

Ghee – half seer

Sugar – 1¼ seer

Cardamom – 1 tola

Tie curd made from milk in cloth overnight. Next morning grind the curd and mix with thick cream prepared with shortening. Shape vadas and fry in hot ghee. As soon as they are removed, place them into honey-like three-thread syrup. When the next batch is removed, take out the earlier batch and continue likewise.

Khurma

Dates – 1 seer

Khoya – 1½ seer

Sugar syrup – 3 seer

Sugar – 3 seer

Ghee – quarter seer

Powdered rock sugar – quarter seer

Cardamom – half tola

Pound the dates finely and cook them into khoya in the syrup. Add quarter seer ghee. When thick and grainy, mix in syrup made from 2 seer sugar and add fragrance.

Cook one and a half seer khoya separately and mix in powdered rock sugar until uniform. Make dough balls, flatten them, fill with the sweet date mixture, fold into triangles, and seal.

When set, prepare syrup from 1 seer sugar and coat them gently. The date khoya should be prepared in a brass pan.

Mukh Vilas

Almonds – quarter seer

Ghee – quarter seer

Khoya – 3 pav

Powdered rock sugar – three-quarter pav

Sugar – 1½ seer

Saffron – 1 tola

Fragrant essence – 1½ ratti

Cloves – half tola

Soak almonds overnight, remove the skins, grind finely, and roast in quarter seer ghee.

Prepare syrup from half seer sugar and remove. When slightly cool, add the almond paste and fragrance.

Cook 3 pav khoya separately and mix in powdered rock sugar until uniform. Roll puris using rock sugar for dusting. Fill with almond halwa and fold like a betel leaf. Insert a clove into each.

Amrit Rasavali

Khoya – 14 chhatank

Sugar – 2 seer

Milk – 2 seer for basundi

Thick milk cream – 2 chhatank

Curd – 1 chhatank

Ghee – 3 pav

Cardamom – 1 tola

Mash the khoya smooth and mix in thick cream and curd. Add a few drops of water and pipe through cloth into jalebis. If they scatter apart, add a little more curd or cream.

Prepare slightly thick jalebi syrup from one and a half seer sugar and soak the jalebis in it. Then remove and place them into basundi. Add half seer khoya into the basundi as well. Add fragrance.

Another Method for Amrit Rasavali

Charoli seeds – 1½ pav

Curd – half pav

Khoya – 1½ pav

Sugar – 2 seer

Ghee – 1 seer

Thick milk cream – 1 chhatank

Milk – 2 seer

Cardamom – 1 tola

Soak charoli seeds, remove the skins, and grind them. Mix together khoya, thick cream, and curd, then churn thoroughly. Prepare jalebis according to the previous method, soak in syrup, and place into basundi.

Makhan Bada

Rajgira flour – 1 seer

Ghee – 1¼ seer

Sugar – 1 seer

Butter – quarter seer

Fragrant essence – 1 ratti

Cook one seer water with the Rajgira flour until thick and firm. If too stiff, sprinkle water and add quarter seer butter. Shape small bada pieces and press indentations with fingers.

Fry slowly on a gentle flame. If too hard, add more butter. Remove and mix fragrance into the syrup, then soak the badas in it.

Bottle Gourd Halwa

Bottle gourd – 1 seer
Khoya – 1 seer
Charoli seeds – 2 chhatank
Almonds – 2 chhatank
Pistachios – 1 chhatank
Sugar – 2 seer

Peel and grate the bottle gourd. Steam it in a brass vessel, then squeeze out all water through cloth.

Prepare sugar syrup and add the bottle gourd. Cook on the stove while stirring continuously until the moisture dries and the syrup becomes slightly thicker than Mohanthal syrup. Remove and cool slightly, then add khoya. Add charoli seeds, pistachio slivers, and almond slivers.

Curd Magad

Curd – 2 seer
Ghee – 1 seer
Sugar powder – 2 seer
Cardamom – half tola
Fragrant essence – 3 ratti

Tie the curd in cloth overnight. Next day roast it in a brass vessel until firm and dry. Add 1 seer ghee and roast until grainy and almond-colored. Remove, mix in sugar powder and fragrance, then shape laddus.

Potato Magad

Potatoes – 1 seer
Ghee – 1 seer
Sugar powder – 1½ seer
Fragrant essence – 3 ratti
Cardamom – half tola

Roast the potatoes in hot ash, peel, and grind them. Roast in a brass vessel with ghee until grainy. Add more ghee when needed. When fully roasted and almond-colored, remove. Add fragrance and sugar powder and bind laddus.

If too dry, add one chhatank milk.

Sweet Potato Magad

Sweet potatoes – 1 seer

Ghee – 3 pav

Sugar powder – 1½ seer

Cardamom – half tola

Fragrant essence – 3 ratti

Roast the sweet potatoes in hot ash, remove the peels, grind them, and add one chhatank milk. Then prepare according to the previous method.

Yam Magad

Yam – 1 seer

Sugar powder – 2 seer

Ghee – 1 seer

Cardamom – half tola

Fragrant essence – 3 ratti

Steam the yam in cloth, remove the peel, and grind it. Add a little milk and prepare according to the previous method, then bind laddus.

Panchdhari Laddus

Almonds – quarter seer

Pistachios – quarter seer

Khoya – quarter seer

Ghee – half seer

Sugar – 1¼ seer

Saffron – half tola
Cardamom – half tola
Fragrant essence – 3 ratti

Roast the khoya in ghee until loose and grainy. Add the ground almonds and pistachios and roast further. Prepare syrup like Mohanthal syrup and mix it in.

Add reserved pistachio and almond slivers along with fragrance and bind into laddus. These laddus can also be made with raw sugar.

Rasgulla

Milk – 1 seer
Thick milk cream – 3 tola
Sugar – 2 seer
Lemons – 2
Whole cardamom seeds – 1 tola

Boil the milk. When reduced, squeeze in lemon juice. Once curdled, strain through cloth and squeeze out all water.

Grind the chhena very finely. Add two tola khoya and continue grinding. Mix in thick cream and two tola curd, then churn thoroughly.

Take small portions and place a cardamom seed inside each, shaping them into berry-sized balls. Keep sugar syrup heating on the stove and place the balls into it. When cooked and almond-colored, remove.

Add two tola rosewater and quarter tola rose attar to the syrup. This sweet is suitable for offering as bhog.

Gulab Jamun

Khoya – 1 seer
Sugar – 2 seer
Powdered rock sugar – 2 tola
Thick milk cream – half pav

Ghee – 1½ seer
Curd – 2½ tola

Mash the khoya well. Mix in the thick cream and curd thoroughly. Shape into round jamuns and fry slowly on a gentle flame.

After frying, pierce each through the center with a stick and fry once more. When fully cooked, remove and place into three-thread sugar syrup.

Gupchup

Khoya – 1 seer
Sugar – 2 seer
Thick milk cream – half pav
Ghee – 1½ seer
Curd – 4 tola
Powdered rock sugar – 2 tola
Finely chopped charoli – 2 tola
Cardamom seeds – 1 tola

Mash the khoya and mix in the thick milk cream. Prepare similarly to Gulab Jamun.

Fill the center with cardamom seeds, powdered rock sugar, and charoli. Shape into balls, fry like Gulab Jamun, and place into syrup.

Kheer Mohan

Buffalo milk – 1 seer
Cream – 5 tola
Thick milk cream – 5 tola
Cardamom – 1 tola
Lemons – 2
Curd – 2 tola
Sugar – 2 seer

Boil the milk. When reduced, squeeze in lemon juice. Once curdled, strain and squeeze out all water.

Grind the chhena and mix in thick cream and curd. Churn thoroughly. Add cream and cardamom, then shape into balls. Cook the balls in syrup until almond-colored, then remove. If the syrup appears too thick, sprinkle in a little water.

Melon Seed Laddus

Remove the shells from 1 seer melon seeds. Roast the kernels gently in a pan and spread them out in a tray.

Prepare sugar syrup from 2 seer sugar, slightly thicker than Mohanthal syrup. Stir slightly and add the seeds. Mix in 2 ratti fragrance and bind into laddus.

Charoli Laddus

Charoli seeds – 1 seer

Sugar – 2 seer

Fragrant essence – 4 ratti

Roast the charoli lightly. Rub gently by hand to remove skins and winnow clean. Prepare syrup according to the previous method, add fragrance, and bind laddus.

Method for Coated Cardamom Seeds

Sugar – 1 seer

Cardamom seeds – 2 chhatank

Prepare three-thread sugar syrup. Put the cardamom seeds into another pan. One person should hold the pan and keep stirring while another gradually pours in the syrup with a ladle.

Continue stirring constantly so lumps do not form. If lumps appear, break them with a wooden spatula. Continue pouring syrup and stirring until all the sugar coats the seeds. The more it is stirred, the whiter the coating becomes.

Method for Coated Cashews

Sugar – 1 seer

Cashews – quarter seer

Warm the cashews slightly in a pan and remove the skins. Then coat them according to the previous method. The more the pan is stirred, the whiter the coating becomes.

Method for Coated Almonds

Almonds – 6 chhatank

Sugar – 1 seer

Steam the almonds lightly in hot water and remove the skins. Warm them slightly in a pan so the moisture evaporates completely, otherwise the sugar will not stick properly. Then coat according to the previous method.

Method for Coated Pistachios

Pistachios – half seer

Sugar – 1 seer

Coat the pistachios according to the previous method.

Method for Coated Charoli

Charoli – 1 seer

Sugar – 1 seer

Lightly roast the charoli, rub by hand, and remove the skins by winnowing. Then continue stirring and pouring syrup according to the previous method.

Method for Coated Neja

Neja – 6 chhatank

Sugar – 1 seer

Lightly roast the neja and place in a pan. Add a little syrup at a time while continuously stirring. Prepare according to the almond method above.

Tinmini

Sugar – half seer

Coarsely ground black pepper – half tola

Cook the sugar syrup slowly on a gentle flame until it reaches firm-ball consistency. Remove from heat and add two or three drops of lemon juice. Place again on a slow flame until it reaches firm-ball stage once more.

Pour ghee into a tray and spread the syrup into it. After one minute sprinkle the coarse black pepper over it. Pour water beneath the tray so it cools quickly. When quite wide and cool, place it over the mouth of a pitcher and pull from all sides. When fully cool, remove.

Method for Cleaning Sugar Sediment

Add a little milk and water to the sugar sediment and place on the stove. When it boils, place a bamboo frame over a board and spread a cloth sieve over it.

Slowly pour the sediment through the cloth sieve. Cover the basket with cloth and allow all the sugar to drain out slowly.

If the sediment is fresh and you wish to make crystalline sugar from it, add a few drops of lemon juice and cook slowly on a gentle flame. Heat and cool it two or three times. Add two to four tola syrup. This method produces very fine sugar crystals.

Sesame Roti

Sesame seeds – 2 chhatank

Sugar syrup from 1 seer sugar

Ghee – 1 tola

Cook the syrup slowly until it reaches firm-ball consistency. Pour ghee into a tray and spread the syrup. Pour water beneath the tray so it cools slightly, but do not let it cool completely.

While still warm, knead it repeatedly. Grease an iron rod and also grease the hands. Pull and stretch the dough continuously. The more quickly it is stretched, the whiter it becomes. Do not let it harden.

When suitable for rolling, spread sesame seeds on a rolling board. Dust the dough with sesame seeds and roll it out from both sides. Roll forcefully and stretch as large as possible. This is sesame roti.

Revdi

Sugar – 1 seer

Sesame seeds – 2 chhatank

Prepare syrup according to the previous method and pull it into sticks as thick as a finger. Cut them into small pieces along the edge of a tray while continuously sliding them with one hand and cutting with a knife in the other.

Warm the sesame seeds and place the pieces into them. Hold the pan handles and shake continuously. The sesame will stick around each piece and they will become round and thin. This is Revdi.

In the same way, jaggery sweets are also made.

Satheli

Sugar – 1 seer

Ghee – 1 tola

Prepare syrup according to the previous method and pull it into finger-thick pieces about one handspan long. This is Satheli.

Guchhali

Sugar – 1 seer
Ghee – 1 tola
Sesame seeds – 2 chhatank

Prepare syrup according to the previous method and pull it into clusters shaped like jalebis. Press them into sesame seeds.

Gajak

Jaggery – 1 seer
Sesame seeds – half seer
Ghee – 1 tola

Add water to the jaggery and prepare syrup like Revdi syrup. Remove and spread in a greased tray. When cool enough to chew, pull it until very white.

Roast the sesame seeds separately and mix thoroughly into it. Pound with a wooden pestle until uniform. Make fifteen or twenty dough portions and roll them on a board, stacking them in a tray. This is Gajak.

Milk Pudi

Milk – 5 seer
Rock sugar granules – 10 tola
Fragrant essence – 2 ratti
Cardamom – 2 tola

Place 5 seer milk in a pan and boil until two boils come. Remove the wood from beneath and aerate the milk with a ladle so foam rises.

Cover with a wooden lid pierced with gram-sized holes so steam may escape. Maintain only a very gentle heat beneath.

As the heat slowly continues, a pink layer forms over the milk in four or five hours. Remove the lid and scrape the layer from all sides with a ladle. Lift it gently with the foam and place over an inverted brass tray so the milk side remains upward and the milk drains away.

When cool, sprinkle rock sugar, fragrance, and cardamom over it. Cut into pieces with bowls of desired size.

The scraps from the edges may be mixed into milk with sugar and fragrance to make another preparation. This is called Adhota Milk.

Malai Pak

Prepare according to the previous milk pudi method. Take the scraps or prepare milk pudi similarly. Add 10 tola ghee, one and a half pav sugar powder, 2 ratti fragrance, and 2 tola cardamom. Place over heat and let one boil come. This is cooked Malai.

Raw Malai

Prepare according to the previous method, but after removing the cream, simply mix by hand with sugar powder and fragrance. This is raw Malai.

Thick Milk Cream

If milk has already been reduced for another use, boil it two more times and remove from the fire. After one hour a thick layer forms. Remove it carefully without stirring. Add sugar and 6 ratti cardamom and mix.

Raj Bidi

Milk – 5 seer

Cloves – 1 tola

Almonds – 2 tola

Pistachios – 2 tola

Rock sugar – 2 tola

Cardamom seeds – 2 tola

Prepare milk pudi according to the previous method. Chop pistachios, almonds, rock sugar, and cardamom seeds into very small pieces the size of split mung dal.

Fill them inside the milk pudi and fold like Kapoornadi, securing with cloves.

Adhota Milk

Milk – 5 seer

Sugar – 3 pav

Cardamom – 1 tola

Fragrant essence – 2 ratti

Place the milk on the stove and stir continuously. Reduce from 5 seer to 2½ seer. Remove and mix in sugar and fragrance.

Khurchan

Milk – 4 seer

Rock sugar granules – quarter seer

Rose attar – 4 ratti

Place milk on the stove. As cream forms, scrape it to the sides of the pan. Continue until all the cream is collected on the sides.

When the milk thickens slightly, remove it. Once the cream stuck to the sides dries, scrape it off. Mix in rock sugar granules and rose attar. This is Khurchan.

Method for Setting Curd

Boil 5 seer milk and remove it. Allow it to cool slightly before setting.

In summer, set when still somewhat warm. In winter, keep it more warmly covered.

Place half tola old curd into a clean earthen pot so no water touches it. Mix half the curd by hand into the milk and place the remaining curd in the center. Cover and allow to set in an earthen vessel.

Method for Making Basundi

Place 4 seer milk in a pan. After one boil, lower the heat. As cream forms on top, gather it to the sides of the pan.

Continue until the milk becomes thick from reduction. Then scrape down the cream and mix it back into the milk. Remove from heat.

Add 3 pav sugar or sugar candy, 1 tola ground cardamom, and 2 ratti fragrance. If saffron basundi is desired, add 1 tola saffron.

Bottle Gourd Kheer

Milk – 1 seer

Sugar – half seer

Bottle gourd – quarter seer

Cardamom – half tola

Peel and grate the bottle gourd and steam it. Place in a sieve and squeeze out all water.

Boil the milk. When it rises, add the bottle gourd. Let it simmer slightly and remove. Add sugar and fragrance.

Fox Nut Kheer

Milk – 1 seer

Sugar powder – half seer

Fox nuts – 1 chhatank

Cardamom – half tola

Cut the fox nuts and add them to boiling milk. Simmer briefly and remove. Add sugar powder and fragrance.

Pistachio Kheer

Boil 1 seer milk. Add 1 chhatank coarsely ground pistachios. Simmer slightly and remove. Add fragrance and half seer sugar powder.

Almond Kheer

Almonds – 1 chhatank
Sugar powder – half seer
Cardamom – half tola

Warm the almonds in water, remove the skins, crush coarsely, and add to boiling milk. Simmer briefly, then remove and add sugar powder and fragrance.

Date Kheer

Milk – 1 seer
Sugar – 1 seer
Dates – 1 chhatank
Cardamom – half tola

Pound the dates coarsely and add them to boiling milk. When cooked, remove and add sugar and fragrance.

Gulkand

Rock sugar – 5 seer
Rose flowers – 500

Pound the rock sugar into coarse granules. Take a glass, porcelain, lacquered earthen, or zinc jar.

Spread one-eighth of the sugar at the bottom, then a layer of rose petals from 50 flowers. Cover again with sugar and press the petals down. Continue layering until the jar is filled.

Seal the jar tightly with cloth and leave it in the sun for twelve months for best results. Even four months in summer is beneficial.

Chrysanthemum Flower Gulkand

Rock sugar – 5 seer

Chrysanthemum flowers – 600

Prepare coarse rock sugar and make according to the rose gulkand method. Keep for two months in hot weather or through the rainy season. Even after two months it may be offered and eaten.

Method for Amla Murabba

Fresh amla – 1 seer

Sugar – 3 seer

Cardamom – 1 tola

Prick the amlas all over with needles. Steam them in an earthen vessel. Remove when cooked and place in a basket so the water drains out.

Prepare firm-ball syrup from 1 seer sugar and add the amlas. Let one boil come and remove. Store in a jar.

After four days prepare syrup from the remaining sugar and pour over them. Repeating the syrup process twice removes foam. The older it becomes, the more beneficial it is.

Method for Mango Preserve

Long slices of mango pulp – 1 seer

Saffron – 2 masha

Sugar – 2½ seer

Cardamom – 1½ masha

Peel the mangoes and cut long slices, removing the stones. Prick with needles and steam in an earthen vessel until half-cooked. Remove into a tray and drain.

Prepare firm-ball syrup and add the mango slices. Let two boils come, then remove. Add saffron. When slightly cool, add fragrance and store in a jar.

Bael Preserve

Ripe bael fruit – 1 seer

Rock sugar – 1½ seer

Cut the bael into pieces and prepare according to the previous preserve method. Cook in firm-ball syrup with one boil. When slightly cool, store in jars.

This preserve becomes more beneficial as it ages and is especially useful for diarrhea and dysentery.

Petha Murabba

Petha – 1 seer

Sugar – 1½ seer

Saffron – 3 masha

Cardamom – half tola

Peel the petha and cut into square pieces two fingers wide. Prick with needles and steam. Drain the water.

Prepare three-thread syrup and add the petha. Let one boil come until it resembles jalebi syrup, then remove. Add saffron and fragrance and store in jars.

Pear Murabba

Pears – 1 seer

Sugar – 2 seer

Saffron – half tola

Cardamom – half tola

Peel the pears and cut into long slices. Steam lightly and drain. Prepare three-thread syrup and add the pears. When the syrup becomes like boondi syrup, remove. Add saffron and fragrance and store in jars.

Apple Preserve

Apples – 1 seer
Sugar – 1½ seer
Cardamom – half tola
Saffron – one and a half masha

Peel the apples and cut into long slices. Prepare syrup and add immediately. When the syrup becomes like jalebi syrup, remove and add saffron and fragrance.

Melon Preserve

Melon – 1 seer
Sugar – 1½ seer
Cardamom – half tola
Saffron – one and a quarter masha

Cut the melon into finger-sized pieces. Prepare firm-ball syrup and add the melon. When the syrup becomes like jalebi syrup, remove and add saffron and fragrance.

Starfruit Preserve

Starfruit – 1 seer
Sugar – 3 seer
Saffron – half tola
Cardamom – half tola

Peel the starfruit and cut into slices. Add them to syrup made from 1 seer sugar and simmer slowly until softened. Remove the fruit pieces.

Prepare three-thread syrup from the remaining 2 seer sugar and pour over the fruit. Add saffron and fragrance.

This preserve keeps for fifteen days. The leftover syrup may be used to sweeten other preparations.

Raisin Preserve

Raisins – 1 seer

Sugar – 1½ seer

Cardamom – half tola

Saffron – half tola

Clean the raisins and warm them in water until swollen. Drain and add to honey-like syrup. Let one boil come and remove. Add saffron and fragrance and store in jars. It keeps for many days.

Ripe Banana Preserve

Ripe bananas – 1 seer

Sugar – 1½ seer

Cardamom – half tola

Saffron – one and a half masha

Peel and cut the bananas into pieces. Prepare three-thread syrup and add them. When boiled, remove and add saffron and fragrance, then store in jars.

Method for Pineapple Syrup

One large ripe Singapore pineapple

Rock sugar – half the quantity of extracted juice

Peel the pineapple, remove leaves and thorns, and clean it thoroughly. Grate it in a silver tray or tinned brass vessel.

Take a thick cloth sieve, wet and squeeze it, fill it with the grated pineapple, and press out the juice thoroughly. If juice remains in the pulp, pound and squeeze again.

Add crushed rock sugar equal to half the juice quantity. Heat on a brazier and skim off the foam. Reduce to one-quarter less and remove. Store in vessels.

Grape Syrup

Long black grapes – enough for 1 seer juice

Rock sugar – 2½ pav for each seer juice

Extract 1 seer grape juice and add powdered rock sugar. Heat gently for half an hour and remove. When cool, store in a glass vessel and tie cloth tightly over the mouth.

Its benefits include relieving chest burning, loose motions, cooling the brain, increasing appetite, and many other virtues.

Pomegranate Syrup

Pomegranate juice – 1 seer

Rock sugar – half seer, or 3 pav if the pomegranates are sour

Prepare according to the previous method.

Lemon Sikkanji

Lemon juice – 1 seer

Cardamom – 1 tola

Banslochan – 1 tola

Rock sugar – 3 pav

Silver leaf – one and a half masha

Cook the lemon juice and powdered rock sugar over heat until reduced by half and slightly thinner than curd. Remove and cool.

Add banslochan, cardamom, and silver leaf. Store in vessels.

This preparation is highly beneficial for indigestion, bile disorders, and loss of appetite. Orange syrup and other fruit syrups are made similarly.

Ginger Avaleha

Ginger juice – 2 seer
Old jaggery – half seer
Nagkesar – 1 tola
Cardamom – 1 tola
Cinnamon – 1 tola
Tamalpatra – 1 tola
Cloves – 1 tola
Dry ginger – 1 tola
Black pepper – 1 tola
Long pepper – 1 tola

Grind all the spices finely and sieve through cloth.

Cook the jaggery in ginger juice over gentle heat into a slightly thin syrup. Add the ground spices.

If one tola is licked daily, it cures many ailments including weak digestion, cough, asthma, loss of appetite, and related disorders.

Thus ends the second part of Vyajan Pak Pradeep, containing milk-based preparations, composed by Sukhiyaji Raghunathji Shivji.

Part 3 – Pak and Related Confection Preparations

Rose Pak

Fresh spring roses – petals from 50 flowers

Rock sugar – 1 seer

Prepare sugar syrup to a thick thread consistency. Add the rose petals and stir vigorously until the mixture whitens. Spread it to set.

Once set, store in vessels in whatever quantity desired. Cut into pieces of desired size. This is highly beneficial in summer.

Milama Pak

Milama – quarter seer

White musli – 4 tola

Salam – 4 tola

Kapikacchu seeds – 2 tola

White pepper – 2 tola

Saffron – 1 tola

Cardamom – 1 tola

Silver leaf – 10 sheets

Ghee – 2½ seer

Milk – 5 seer

Rock sugar – 4 seer

Keep the Milama buried in buffalo dung for three days, changing the dung daily. After three days, wash and cut into four pieces each. Tie in cloth and boil in 3 seer milk until reduced to khoya. Remove the bundle.

Grind and sieve the musli, salam, and kapikacchu seeds. Add them to the remaining 2 seer milk and cook into a thick paste.

Prepare firm-ball syrup from 4 seer rock sugar and add saffron. Mix in the khoya and paste. Add ground pepper and cardamom. When ready to set, spread it out. Apply silver leaf on top.

Cut into pieces of one or two tola each. Taking one piece daily is highly beneficial.

Musli Pak

Musli – half seer
Shatavari – 2 chhatank
Kapikacchu seeds – 2 chhatank
Khareti seeds – 4 tola
Long pepper – 4 tola
Tamalpatra – 2 chhatank
Nagkesar – 4 tola
Ganger root – 2 tola
Gokhru – 2 chhatank
Banslochan – 4 tola
Dry ginger – 4 tola
Nutmeg – 2 tola
Cardamom – 2 tola
Cinnamon – 2 tola
Mace – 2 tola
Black pepper – 4 tola
Cloves – 2 tola
Musk – 4 masha
Ghee – 20 seer
Sugar – 15 seer
Saffron – 2 tola

Pound and sieve the musli and fry lightly in ghee. Add to 20 seer milk. Grind and sieve all ingredients from shatavari through dry ginger and add them to the milk. Reduce to khoya.

Then grind and sieve all ingredients from nutmeg through cloves and fry them in ghee. Mix into the khoya.

Prepare firm-ball syrup from 15 seer sugar and add saffron. Mix in the khoya and fragrance. When ready to set, spread it out.

Cut into pieces of one, two, or four tola each. Taking one piece daily cures urinary disorders and strengthens the body.

Salam Pak

Salam panja – half seer

White musli – 5 tola

Black musli – 5 tola

Dry ginger – 2 tola

Long pepper – 2 tola

Black pepper – 2 tola

Nilofar – 2 tola

Talamkhana – 2 tola

Cinnamon – 2 tola

Tamalpatra – 2 tola

Cloves – 2 tola

Banslochan – 2 tola

Mace – 2 tola

Nutmeg – 2 tola

Cardamom – 2 tola

Musk – 6 ratti

Ambergris – 3 ratti

Pistachios – half pav

Almonds – half pav

Saffron – 1 tola

Rock sugar granules – quarter seer

Rock sugar – 6 seer

Silver leaf – 20 sheets

Ghee – 1½ seer

Milk – 6 seer

Grind and sieve the salam and both muslis. Mix with ghee and add to 4 seer milk. Reduce halfway and cook into a thick paste.

Reduce the remaining 2 seer milk into khoya.

Grind and sieve all the spices except fragrance ingredients, musk, ambergris, and saffron. Heat 1 seer ghee thoroughly and add all the herbs. Remove from heat and mix the remaining half seer ghee into the cooked paste.

Place on the stove and cook gently. Prepare firm-ball syrup from 6 seer rock sugar and add saffron. Mix in the paste and quarter seer rock sugar granules. Then add the plain khoya from 2 seer milk.

Mix in the medicinal ghee and then add musk and fragrance. Warm the ambergris in 1 tola ghee and mix it in. Add 10 sheets silver leaf and spread to set.

If the mixture becomes too thick, add ghee or sprinkle milk. Apply the remaining silver leaf on top and cut into squares.

Taking four tola daily is highly beneficial.

Sanay Pak

Senna leaves – half seer
Large harad bark – 5 tola
White pepper – 2½ tola
Cow's milk – 2 seer
Rock sugar – 2 seer
Cardamom – 2½ tola

Tie the harad bark loosely in muslin cloth. Add to 1 seer milk and cook slowly until reduced halfway.

Clean the senna leaves by removing black stems and coarse veins. Heat 1 seer milk in an iron bowl and add the senna while stirring. The milk will curdle. Continue stirring until the water dries.

Remove the harad bundle from the milk and pour the reduced milk into the senna. Once absorbed, remove and dry the senna in shade. After three days, pound and sieve it.

Grind and sieve the cardamom with peels and white pepper and mix in.

Prepare syrup slightly thicker than Mohanthai syrup and mix in the senna. When ready to set, spread it.

Cut into pieces weighing about one to one and a quarter tola each. Take one every night after dinner and drink half seer milk with rock sugar afterward. In the morning it loosens the bowels, strengthens the body, removes sluggishness, induces good sleep, relieves constipation, and restores vitality.

Saubhagya Sonth Pak

Gujarati dry ginger – quarter seer
Banslochan – 1 tola
Long pepper root – 1 tola
Trikatu (dry ginger, black pepper, long pepper) – 3 tola
White musli – 2 tola
Cloves – 1½ tola
Vidari kand – 1 tola
White pepper – 1 tola
Shital chini – 1 tola
Banaphsa – 1 tola
Salam panja – 1 tola
Harfarsa – 1 tola
Cucumber seeds – 2 tola
Lotus seeds – 2 tola
Neja – 2 tola
Almonds – 4 tola
Pistachios – 4 tola
Ghee – half seer
Cow's milk – 1 seer
Rock sugar – 5 seer
Nutmeg – 1 tola
Mace – 1 tola
Cardamom – 1 tola
Saffron – 1 tola
Musk – 6 ratti
Ambergris – 6 ratti
Silver leaf – 50 sheets

Grind and sieve the dry ginger. Fry lightly in ghee and add to boiling milk. Reduce halfway and make khoya.

Then add salam, white musli, black musli, and shatavari after grinding and sieving. Add banaphsa and harfarsa when nearly cooked and remove.

Grind and sieve all remaining ingredients. Remove shells from almonds, pistachios, lotus seeds, cucumber seeds, and neja, then crush them. Fry these in ghee and add.

Add saffron dissolved in syrup. Add musk directly and ambergris warmed in ghee.

Prepare syrup slightly thicker than Mohanthai syrup and mix in the khoya and all ingredients. Add silver leaf inside and apply the remainder on top.

Cut into one or two tola pieces.

Yam Pak

Yam slices – 3 seer

Sugar – 3 seer

Ghee – 1 seer

Cardamom – 2½ tola

Black pepper – 2 tola

Wrap the yam slices in cloth dipped in clay. Bury in hot embers overnight. Next morning remove the clay and peel the yam. Mash by hand until grainy.

Roast in 1 seer ghee. Prepare syrup from 3 seer sugar and mix in. Add black pepper and fragrance and spread to set.

Cut into four-tola pieces. Taking one daily is highly beneficial for piles. The yam may also be fried in ghee before use.

Petha Pak

Petha – 5 seer

Rock sugar – 3 seer

Milk – 4 seer

Saffron – 1 tola

Cardamom – 2 tola

Banslochan – 2 tola

Long pepper root – 2 tola

Almonds – 10 tola

Ghee – half seer

Grate the petha and squeeze out the water. Steam in 4 seer milk until the milk is absorbed and becomes khoya. Add ghee and roast.

At the time of removing, add powdered banslochan, black pepper, and long pepper root.

Prepare firm-ball syrup from the squeezed petha water and rock sugar. Add saffron and remove. Mix in the roasted khoya mixture and fragrance.

Steam almonds in hot water, remove the skins, and press them on top. Cut into square pieces two fingers wide.

This pak strengthens the body, cools the brain, is excellent for the eyes, and removes excessive heat.

Petha Sweet

Petha – 4 seer

Sugar – 5 seer

Peel the petha and remove the inner pulp. Cut into squares two fingers wide and prick with needles.

Steam lightly in milk or water. Remove and place in a sieve to drain.

Prepare firm-ball syrup and add the petha. Let one boil come and remove. When the syrup becomes like khaja syrup, remove the pieces.

Cook the syrup again to firm-ball stage. Add the pieces back and stir slightly until sugar crystallizes over them. Grease a tray with ghee and place the pieces separately.

Long Pepper Pak

Long pepper – quarter seer

Dry ginger – 3 tola

Cinnamon – 2 tola

Mace – 2 tola

Nutmeg – 2 tola

Banslochan – 2 tola

Cardamom – 2 tola

Milk – 8 seer

Sugar – 5 seer

Ghee – 1¼ seer
Silver leaf – 15 sheets

Pound the long pepper finely and sieve all medicinal ingredients.

Add the long pepper to milk and reduce into khoya. Roast in 2½ seer ghee.

Prepare firm-ball syrup and remove from heat. Mix in the long pepper khoya. First add banslochan, then all fragrance ingredients and herbs.

Grease a tray with ghee and spread the mixture. Apply silver leaf and cut into pieces.

Take according to digestive capacity and body heat.

Gokhru Pak

Southern gokhru – 1 seer
Long pepper root – 2 tola
Gorakhmundi – 8 tola
Dry ginger – 2 tola
Long pepper – 2 tola
Black pepper – 1 tola
Neja – quarter tola
Dates – 4 tola
Raisins – 4 tola
Cloves – 2 tola
Nutmeg – 2 tola
Mace – 2 tola
Cardamom – 2½ tola
Saffron – 1¼ tola
Rock sugar – half seer
Ghee – 1 seer
Milk – 6 seer

Grind and sieve the gokhru and all other ingredients separately.

Reduce 6 seer milk halfway and add the gokhru paste, cooking into a thick paste. Roast this paste and all remaining ingredients except fragrance in 1 seer ghee.

Prepare rock sugar syrup and add saffron. Mix in all roasted ingredients. When ready to set, add fragrance and spread out.

Cut into square pieces two fingers wide. Take two or three tola daily. This pak is strengthening, thickens semen, increases virility, and is highly beneficial. Drink milk afterward.

Gokhru Powder

Gokhru – half tola

Fenugreek – half tola

Grind both together and consume every morning in the palm of the hand. Drink half seer cow's milk with 2 tola rock sugar afterward.

This strengthens the body, stabilizes semen, thickens it, and is highly beneficial.

Fenugreek Laddus

Fenugreek – 1 seer

Ghee – 2 seer

Jaggery – 3 seer

Wheat flour – 1 seer

Wash and dry the fenugreek seeds so excessive heat is reduced. Grind finely like flour.

Roast in half seer ghee until fragrant but do not burn. Roast the wheat flour separately in three-quarter seer ghee.

Cook the jaggery with the remaining ghee. When it boils, add the roasted fenugreek and flour. Mix thoroughly and remove before it hardens. Bind into laddus.

Take about 5 tola daily.

Fenugreek Laddus (Second Method)

Fenugreek – 1 seer
Ghee – 2 seer
Wheat flour – 1 seer
Jaggery – 1½ seer
Sugar – 2 seer
Cardamom – 2½ tola

Prepare according to the previous method. This version is suitable for people of hot constitution.

Small Urad Laddus

Coarsely ground urad flour – 1 seer
White musli – 2 tola
Akhrot – 4 tola
Poppy seeds – half pav
Cinnamon – 2 tola
Cloves – 2 tola
Nutmeg – 1 tola
Mace – 1 tola
Cardamom – 2 tola
Pistachios – half pav
Almonds – half pav
Rock sugar – 5 seer
Milk – 2 seer
Ghee – 2 seer

Roast the urad flour in 1 seer ghee. Reduce the milk halfway and add all ingredients except fragrance to make a dough.

Mix in the roasted urad flour. Add fragrance afterward. Add whole poppy seeds. Crush pistachios and almonds and sieve them in. Mix in the remaining ghee.

Prepare syrup from 5 seer rock sugar and mix in all ingredients. When ready to bind, make laddus of 3 tola each. Take one daily.

Large Urad Laddus

Coarse urad flour – 12 seer
Poppy seeds – half seer
Shatavari – 4 tola
Nagkesar – 4 tola
Long pepper root – 4 tola
Talamkhana – 4 tola
Dry ginger – 4 tola
Salam – 8 tola
Punjabi Utangan seeds – 2 tola
Chobchini – 2 tola
Black pepper – 2½ tola
Cucumber seeds – half seer
Chitrak – 4 tola
Ganger bark – 4 tola
White musli – 4 tola
Kapikacchu seeds – 4 tola
Large harad bark – 4 tola
Coriander kernels – 4 tola
Tamalpatra – 4 tola
Bal seeds – 4 tola
Kachur – 4 tola
Khareti seeds – 4 tola
Black sali – 4 tola
Mughlai bedana – 4 tola
Small long pepper – 4 tola
Cloves – 4 tola
Gokhru – 4 tola
Nagarmotha – 4 tola
Vidari kand – 4 tola
Pistachios – half seer
Almonds – half seer
Charoli – half seer
Saffron – 2 tola
Nutmeg – 4 tola
Musk – 1½ masha
Sandalwood – 2 tola
Ambergris – 1½ masha
Cinnamon – 4 tola
Ghee – 10 seer
Milk – 16 seer

Rock sugar – 20 seer
Silver leaf – 50 sheets

Roast 4 seer urad flour in 3 seer ghee until almost cooked. Reduce 12 seer milk into khoya. When about 4 seer remains, add the roasted flour and cook slowly.

As it thickens, keep adding as much ghee as it absorbs. Remove from heat.

Grind, sieve, and prepare all herbs separately. Mix salam, white musli, black musli, shatavari, kapikacchu seeds, chobchini, coriander seeds, sandalwood, gokhru, and talamkhana in 4 seer milk reduced halfway.

Crush pistachios and almonds. Roast cucumber seeds and charoli in ghee. Grind and sieve all remaining ingredients and mix with the pistachios and almonds.

Add whole poppy seeds and all fragrance ingredients. Add saffron, musk, and ambergris. Prepare syrup from rock sugar and mix in all the khoya and medicinal mixtures. Add 50 sheets silver leaf.

When cool enough, bind laddus of 4 tola each. Pour hot fresh cow's ghee over the laddus in a thin stream.

Eat half a laddu daily morning and evening with half seer milk sweetened with rock sugar, or according to appetite.

Agnideepak

Pigeon pea flour – 1 seer
Ghee – 1¼ seer
Sugar – 3 seer
Saffron – 1½ tola
Cinnamon – 2 tola
Cloves – 2 tola
Dry ginger – 2 tola
Long pepper – 2 tola
Mace – 2 tola
Nutmeg – 2 tola
Banslochan – 2 tola
Ambergris – 3 masha

Musk – 3 masha
Silver leaf – 3 masha
Gold leaf – 3 masha
Pistachios – 2½ tola
Almond kernels – 2½ tola
Neja – 2½ tola
Shatavari – 2 tola
Rock sugar granules – 1 seer
Khoya – 1 seer

Roast the pigeon pea flour slowly in 1 seer ghee. When nearly cooked, add 1 seer khoya.

Add cloves, cinnamon, mace, nutmeg, and banslochan. When cooled slightly, grind and sieve all remaining ingredients and mix while still warm. Warm the remaining quarter seer ghee and mix in.

Prepare four-thread syrup from 3 seer sugar. Add saffron and remove from heat. Stir continuously and sprinkle in the rock sugar granules until crystals form.

Mix in the roasted flour mixture and all ingredients. Add silver leaf. When cool enough to bind, add musk and ambergris warmed in half tola ghee.

Bind into laddus and apply gold leaf on top.

After offering as bhog, adults may take 2 tola and children three-quarter tola.

Another Method for Agnideepak

Soak 1 seer washed urad dal in ginger juice. Grind it and roast in 1¼ seer ghee. Add half seer khoya. Use 4 seer sugar and all the spices according to the previous Agnideepak method.

Kamdeepak

Washed urad dal – quantity for flour from 1¼ seer milk-soaked dal
Additional milk – 5 seer
Ghee – 2½ seer

Salam panja – 5 tola
Shatavari – 1 tola
Chobchini – 5 tola
Black musli – 1 tola
White musli – 1 tola
Utangan seeds – 1 tola
Southern gokhru – 5 tola
Talamkhana – 5 tola
Gorakhmundi – 1 tola
Coriander kernels – 1 tola
Nagkesar – 1 tola
Kapikacchu seeds – 2 tola
Tamalpatra – 1 tola
Cinnamon – 1 tola
Dry ginger – 2 tola
Long pepper – 2 tola
Cardamom seeds – 5 tola
Nutmeg – 1 tola
Mace – 1 tola
Saffron – 2½ tola
Almonds – quarter pav
Pistachios – quarter pav
Silver leaf – 3 masha
Ambergris – 3 masha
Gold leaf – 3 masha
Musk – 3 masha
Black pepper – 2 tola
Rock sugar – 7 seer

Soak the urad in cow's milk overnight. Next morning spread it on cloth and dry in the sun under another cloth. Once dry, remove the husks and grind into flour.

Roast the flour in 1 seer ghee.

Grind and sieve all the medicinal ingredients separately. Reduce 5 seer milk halfway. Add salam, shatavari, gokhru, and musli into the reduced milk while stirring continuously. Gradually add the powdered herbs.

Add 1½ seer ghee and continue stirring. Mix in the roasted urad flour and remove from heat.

Add all remaining powdered spices. Prepare three-thread syrup from 7 seer rock sugar. Remove from heat and add saffron.

Warm the ambergris in half tola ghee and mix in along with musk. Mix all the khoya thoroughly and spread to set. Apply gold leaf on top.

Soak kapikacchu seeds in milk, remove the skins, and add them. Remove the inner stalks from the shatavari before pounding and mixing.

Method for Vanari Gutka

Kapikacchu seeds – 1 seer

Cow's milk – 1½ seer

Cow's ghee – 1 seer

Rock sugar – 1½ seer

Honey – 2 seer

Steam the kapikacchu seeds in 1 seer milk. Remove the skins and grind them. Shape into coin-sized pieces and fry in cow's ghee.

Prepare thick syrup from 1½ seer rock sugar and soak the fried pieces in it. The next day soak them in honey.

After four days, take one piece daily, morning and evening. Drink half seer milk sweetened with rock sugar afterward.

This greatly strengthens bodily fluids, acts as an aphrodisiac, and is highly beneficial. It prevents weakness and lethargy and gives strength like a horse.

Method for Stuffed Dates

Dates – 1½ seer

Rock sugar – quarter seer

Mace – 2 tola

Nutmeg – 2 tola

Cinnamon – 2 tola

Long pepper – half tola

Ghee – 1½ seer
Honey – half seer

Remove the pits from the dates. Grind all the spices finely and mix with quarter seer honey and quarter seer ghee.

Stuff the dates from both ends and tie closed with thread. Store in a glass jar and pour in the remaining honey. After four days add 1½ seer warm ghee.

Use after eight days.

Suraj Mohan

Sweet potatoes – 1½ seer
Milk – 5 seer
Ghee – 1 seer
Khoya – 1½ seer
Gram flour – half seer
Sugar – 6 seer
Musk – 1 tola
Ambergris – 1 tola
Fragrant essence – quarter tola
Cardamom – 5 tola
Nutmeg – 5 tola
Mace – 4 tola
Cinnamon – 5 tola
Long pepper – 5 tola
Banslochan – 5 tola
Cloves – 5 tola
Long pepper root – 5 tola
Dry ginger – 5 tola
Almonds – half seer
Pistachios – half seer
Gold leaf – 20 sheets

Steam the sweet potatoes in ash. Peel them and roast in 1 seer ghee until grainy and fully cooked.

Reduce 5 seer milk halfway and add the sweet potatoes while stirring. Roast the gram flour separately in ghee and mix in. Add 1½ seer khoya and remove from heat.

When slightly cool, fry the pistachios and almonds in ghee and mix in. Grind and sieve all the spices and add them.

Prepare syrup slightly thicker than Mohanthal syrup from 6 seer sugar and mix everything into it. Apply 20 sheets of gold leaf on top.

Cut into pieces two fingers wide. Take one tola daily. It has many virtues, increases appetite, and destroys bodily wind disorders.

Rati Modak

Gokhru seeds – 2 tola

Talamkhana seeds – 2 tola

Ashwagandha – 2 tola

Gangeti – 2 tola

Bal dana – 2 tola

Grind all the ingredients and boil them in 1 seer milk. Then prepare syrup equal in weight to the mixture and make modaks.

Take one laddu and drink half seer milk with rock sugar afterward. This aphrodisiac preparation is considered among the finest.

Agnimukhi Digestive Powder

Javakhar

Sajjikhar

Nishoth

Amlavet

Long pepper

Chitrak

Nagarmotha

Cumin

Cardamom

Tamalpatra
Indrayava
Amla
Bharangi
Roasted asafoetida
Dried ginger
Harad kernels
Akarakarabha root
Kachur
Ajwain
Sesame alkali
Hingan alkali
Chickpea alkali

Take all ingredients in equal quantity, grind finely, and sieve through cloth. Triturate eight times with citron juice and dry.

Taking 2 tank with water greatly increases appetite and cures indigestion, wind disorders, abdominal diseases, enlarged spleen, gout, and related ailments.

Hingashtak Powder

Dry ginger
Ajmod
Long pepper
Roasted asafoetida
Both kinds of cumin
Black pepper

Take all in equal quantity, grind finely, and mix with a little ghee.

Eating it daily with the first morsel of khichdi prevents indigestion.

Hingashtak Powder (Second Method)

Roasted asafoetida – 1 tola
Small long pepper – 1 tola

Dry ginger – 1 tola
Black pepper – 1 tola
Ajmod – 1 tola
Black cumin – 1 tola
White cumin – 1 tola
Sanchal salt – 1 tola

Grind and sieve all ingredients. Taking a small quantity daily removes indigestion and stomach pain.

Digestive Spice Mix

Roasted asafoetida – 1 tola
Small long pepper – 1 tola
Ajmod – 1½ tola
Sanchal salt – 1 tola
Black pepper – 1 tola
Black salt – 1 tola
White cumin – 1 tola

Grind and sieve all ingredients finely.

Garam Masala

Cinnamon – 1 tola
Dry ginger – 2 tola
Coriander – 12 tola
Large cardamom – 1 tola
Cloves – 1 tola
White cumin – 2 tola
Black pepper – 4 tola
Tamalpatra – 2 tola
Black cumin – 2 tola
Badrayan flowers – 4 tola

Except for the coriander, lightly roast all ingredients in oil. Grind coarsely and sieve. This is garam masala.

Spice Mixture

Fenugreek – quarter pav
Cumin – half pav
Sesame – 1 chhatank
Asafoetida – 1 tola
Coriander – quarter seer
Pomegranate seed powder – quarter seer
Black pepper – half seer

Roast the fenugreek, coriander, cumin, asafoetida, pepper, and sesame. Grind them and mix into the pomegranate powder. Add to lentils and vegetables.

Digestive Long Pepper

Small long pepper – quarter seer
Rock salt – 5 tola
Black pepper – 5 tola
Asafoetida – 2 tola
Lemon juice – 20 tola

Soak the long pepper in lemon juice for four days. Remove from the juice while still moist and coat with the powdered salt, pepper, and asafoetida mixture.

Dry in shade and store in jars. Chewing three long peppers after meals aids digestion, relieves bile and wind disorders, and strengthens digestion.

Hunger-Stimulating Long Pepper

Long pepper – 1 chhatank
Rock salt – 2 tola
Black pepper – 1 tola

Moisten the long pepper at night and in the morning coat with salt and pepper. Dry lightly over heat.

Eating two long peppers in the morning greatly increases appetite and removes bile and wind disorders.

Drakshayana

Raisins – half seer
Black pepper – 1 tola
Rock salt – 5 tola
Ghee – 1 chhatank

Roast the raisins in ghee until swollen. Remove from the ghee and sprinkle with powdered salt and pepper.

Store in jars. Eating seven raisins daily, morning or evening, loosens the bowels, increases appetite, purifies the blood, and relieves indigestion and constipation.

Small Harad

Small harad – half seer
Ghee – quarter tola
Rock salt – 1 tola

Fry the harad in ghee and sprinkle with salt and pepper. Store in jars.

Eating five daily keeps the bowels clear and relieves stomach pain and wind disorders.

Ruchi Coriander

Whole coriander – half seer
Long pepper – 2 tola
White pepper – 1 tola
Black pepper – 2 tola
Rock salt – 2 tola
Turmeric – quarter tola
Dry ginger – 1 tola

Asafoetida – half tola

Lemon juice – 5 tola

Soak the coriander overnight in water. Dry lightly in the sun and rub so the husks loosen. Remove the husks and dry again.

Roast the asafoetida and grind all ingredients finely. Mix into the lemon juice and soak the coriander in it until absorbed. Dry and roast lightly in an earthen vessel.

Store in glass jars. Eating this coriander removes loss of appetite and bad breath. Dose: half tola.

Part 4 – No Grain Preparations (Ansakhdi)

Method for Making Khor

Refined flour – 1 seer

Ghee – 1½ seer

Sugar – 1 seer

Mix the flour with one and a half pav ghee and one and a half pav water into dough. Divide into portions and roll out.

Curd Puri

Refined flour – 1 seer

Curd – 2½ pav

Ghee – 3 pav

Asafoetida – 2 masha

Turmeric – half tola

Ajwain – 2 tola

Add half pav ghee as shortening to the flour. Knead with curd. Add asafoetida, ajwain, and turmeric. Roll puris and fry them.

Thapdi

Gram flour – 1 seer

Ghee – 3 pav

Asafoetida – 1 masha

Ground black pepper – 1 tola

Turmeric – half tola

Ajwain – half tola

Mix all the ingredients into stiff dough. Add half pav ghee little by little while kneading with wet hands.

Make 24 dough balls, roll them like puris, and fry slowly on low heat until fully cooked. Sprinkle ground salt on top.

Farsi Puri

Gram flour – half seer
Wheat flour – half seer
Ghee – 1 seer
Asafoetida – 1 masha
Ajwain – 2 tola
Turmeric – half tola
Ajwain seeds – half tola

Mix the gram flour and wheat flour. Add half pav ghee as shortening and all the spices. Knead with water, roll thin crisp puris, and fry.

Eggplant Puri

Refined flour – 1 seer
Ghee – 3 pav
Eggplant – half seer
Lemon juice – 5 tola
Ajwain – 2 tola
Turmeric – half tola
Asafoetida – 1 masha

Peel the eggplant, slit into four sections, and fry in ghee. Mash it.

Add 2 chhatank ghee as shortening to the flour. Mix in the eggplant and spices with lemon juice and knead with water. Roll and fry the puris.

Gram Flour Puri

Gram flour – 1 seer
Ghee – half seer

Asafoetida – 1 masha
Ajwain – 1 tola
Turmeric – 1½ tola
Coarsely ground black pepper

Add quarter seer ghee as shortening to the gram flour. Add all spices and knead stiffly with water.

Drop portions into hot ghee while pressing and flattening them. Then roll into puris and fry until fully cooked. Sprinkle salt on top.

Using this same method, one may also make Chosfali and Shakarpara by rolling thin wide strips and cutting appropriately.

Savory Boondi

Gram flour – 1 seer
Ghee – 3 pav
Asafoetida – 1 masha
Ajwain – 1½ tola
Turmeric – 1 tola
Black pepper – 1 tola

Add 2 tola ghee as shortening to the gram flour. Prepare batter with all spices and pour through a perforated ladle into hot ghee to make boondi.

When fully cooked, remove and sprinkle salt.

Gathiya

Gram flour – 1 seer
Ghee – half seer
Asafoetida – 1 masha
Ajwain – 1 tola
Turmeric – half tola
Coarsely ground black pepper – half tola

Add 2 tola ghee as shortening to the gram flour and knead stiffly with all spices.

Press portions into hot ghee while stretching and shaping them. Fry slowly on low heat until fully cooked.

These gathiya may be used in eggplant curry, potato curry, plain gathiya curry, and fenugreek curry.

Fine Gram Flour Sev

Gram flour – 1 seer

Ghee – 3 pav

Ajwain – 1 tola

Turmeric – 1 tola

Asafoetida – 1 masha

Ground black pepper – half tola

Mix all spices into the gram flour and prepare a soft batter. Press through a fine sev maker into hot ghee and fry. Sprinkle salt on top.

Muthiya of Moras Greens

Gram flour – 1 seer

Moras greens – half seer

Ghee – half seer

Juice of 6 lemons

Ajwain – 1 tola

Turmeric – half tola

Ground black pepper – half tola

Clean and finely chop the greens. Add 2 chhatank ghee as shortening to the gram flour. Mix all ingredients and knead with lemon juice.

Shape into muthiyas and fry in ghee until fully cooked. Sprinkle ground salt on top.

The same method may be used for fenugreek greens and other vegetables.

Pakodi

Gram flour – 1 seer

Ghee – half seer

Ajwain – 2 tola

Asafoetida – 1 masha

Turmeric – half tola

Ground black pepper – 1 tola

Add 1 chhatank ghee as shortening to the gram flour. Mix in the spices and beat thoroughly with water.

Drop pakodis into hot ghee and fry until cooked. Sprinkle ground salt on top.

These pakodis may be added to eggplant curry, potato curry, and kadhi.

Mango Juice Pakodi

Gram flour – 1 seer

Mango juice – half seer

Asafoetida – 1 masha

Ajwain – 1 tola

Turmeric – half tola

Coarsely ground black pepper – half tola

Add 2 chhatank ghee as shortening to the gram flour. Mix in all spices and prepare batter with mango juice.

Fry pakodis on a low flame until reddish and fully cooked. Sprinkle salt on top.

Sugarcane Juice Pakodi

Gram flour – 1 seer

Sugarcane juice – 2½ pav

Asafoetida – 1 masha

Ajwain – 1½ tola

Ground black pepper – half tola
Turmeric – half tola

Add 2 chhatank ghee as shortening to the gram flour. Add all spices and prepare batter with sugarcane juice.

Prepare pakodis according to the previous method. If the juice is insufficient, add water.

Eggplant Fritters

Gram flour – 1 seer
Ghee – half seer
Ajwain – 1 tola
Turmeric – 1 tola
Ground black pepper – 1 tola
Asafoetida – 1 masha
Eggplants – 2 seer

Add 2 tola ghee as shortening to the gram flour and mix in all spices. Prepare batter with water.

Slice the eggplants into rounds. Dip each slice into the batter and fry individually in ghee until fully cooked.

The same fritter method may be used for ginger, yam, banana, pumpkin, betel leaf, berries, and many other items.

For colocasia leaves, spread gram flour paste over the leaves, roll them, dip again in batter, slice into rounds, and fry. Sprinkle ground salt on top.

Eggplant Raita

Eggplant – 1 seer
Mustard – 2 tola
Ground asafoetida – quarter tola
Cumin – half tola
Curd – 1 seer

Ground salt – 2½ tola

Sugar – 1¼ tola

Peel and steam the eggplants in water. Drain thoroughly.

Mix mustard into the curd and add the eggplant. Prepare cumin tempering and add asafoetida. Add salt and sugar.

The same method applies to pumpkin, bottle gourd, mustard greens, bathua greens, and sweet potato. Banana, melon, and cucumber raita are made without steaming.

Raisin Raita

Raisins – 1 seer

Mustard – 2 tola

Curd – 1 seer

Ground salt – 1½ tola

Asafoetida – 1 masha

Cumin – 1¼ tola

Warm the raisins in water. Then prepare the raita according to the previous method by mixing them into curd.

In the same way, green grapes, sliced ripe mangoes, khirni fruit, and similar items are used without steaming.

Stuffed Eggplant Gujiya

Refined flour – 1 seer

Gram flour – 1½ pav

Salt – half tola

Eggplants – 2 seer

Ghee – 1 seer

Asafoetida – half tola

Ginger pieces – 1 tola

Coriander seeds – 2 tola

Juice of 4 lemons

Roast the eggplants directly over flame by piercing them on thin skewers from both sides. When cooked, remove, peel, and mash thoroughly.

Place the mash in cloth and squeeze out excess water. Roast the gram flour lightly in ghee and mix into the mash. Add asafoetida and roast the mixture again in ghee.

Add quarter seer ghee as shortening to the flour and knead stiff dough with water. Roll puris and mix the filling with the spices and lemon juice. Fill the puris and fold like gujiya, then fry.

Green Chickpea Gujiya

Refined flour – 1 seer
Ghee – 3 pav
Ground black pepper – half tola
Green chickpeas – 1 seer
Fresh coriander – 5 tola
Juice of 2 lemons
Asafoetida – 1½ tola
Ajwain – 2 tola
Ground salt – half tola

Temper the chickpeas in ghee with asafoetida and cover until cooked. Mash them. Add finely chopped coriander and all the spices with lemon juice.

Add shortening to the flour and prepare gujias according to the previous method. Sprinkle salt on top.

Green Pea Gujiya

Refined flour – 1 seer
Ghee – 3 pav
Ground black pepper – half tola
Green peas – 1 seer
Ajwain – 2 tola
Fresh coriander – 4 tola
Juice of 2 lemons

Asafoetida – quarter tola
Ground salt – half tola

Prepare according to the previous method.

Green Cowpea Puri

Refined flour – 1 seer
Ghee – 3 pav
Ground black pepper – half tola
Green cowpeas – 1 seer
Fresh coriander – 5 tola
Juice of 2 lemons
Asafoetida – quarter tola
Ajwain – 2 tola
Ground salt – half tola

Prepare according to the previous method. Sprinkle salt after frying.

Split Gram Lentil Kachori

Refined flour – 1 seer
Split gram lentils with husk removed – 1¼ seer
Ground black pepper – 1 tola
Ghee – 3 pav
Fresh coriander – 5 tola
Ajwain – 3 tola
Ginger pieces – half tola
Juice of 5 lemons or other souring agents such as dried mango powder, pomegranate seed powder, or kokum
Salt – half tola

Soak the lentils overnight. Next morning remove the husks and steam them.

Mix in the spices and souring ingredients. Add shortening to the flour according to the previous method and prepare small puris.

Fill with the lentil mixture and seal from four sides by pressing with fingers. Shape into kachoris and fry in ghee. Sprinkle salt on top.

Urad Dal Kachori

Refined flour – 1 seer
Urad dal – 1¼ seer
Black pepper – 1 tola
Ghee – 3 pav
Fresh coriander – 2 tola
Ginger pieces – half tola
Ajwain – 3 tola
Juice of 5 lemons or other souring agents
Salt – 1¼ tola

Soak the dal overnight. Next morning wash and grind it. Add asafoetida and ajwain, shape into vadas, and fry them.

Mash the fried vadas and mix in coriander, lemon juice, and spices. Add shortening to the flour and prepare kachoris according to the previous method. Fry and sprinkle salt on top.

Potato, sweet potato, and yam kachoris and gujiyas are prepared in the same way.

Dahi Vada

Urad dal – 1 seer
Ground black pepper – half tola
Ground cumin – half tola
Curd – 2 seer
Ginger pieces – 1 tola
Ghee – half seer
Ajwain – 1 tola
Turmeric – half tola
Asafoetida – 1 tola
Ground mustard – half tola
Salt – 3 tola

Soak the dal the previous day. Next day wash and grind it. Add asafoetida, ajwain, turmeric, and all spices. Add a little hot ghee.

Shape vadas by hand and fry in ghee until fully cooked. Prepare salted water and keep dropping the fried vadas into it.

Mix salt and mustard into the curd. Add 1 tola heated ghee and place the soaked vadas into the curd.

These vadas are also made in buttermilk and seasoned with ghee.

Fried Chickpeas

Chickpeas – 1 seer

Ground black pepper – 1 tola

Ghee – half seer

Ground salt – 1 tola

Soak the chickpeas overnight. Next day drain the water and fry them little by little in ghee until puffed.

Remove into a tray and continue sprinkling salt and pepper while frying.

Fried Split Gram Lentils

Soak 1 seer split gram lentils overnight. Next day wash and drain them thoroughly.

Fry in ghee like chickpeas. Remove and sprinkle with salt and ground black pepper. Add lemon juice if desired.

If the weather is damp and they become soft, dry them in cloth before frying. Red chili powder may also be used.

Tempered Chickpeas and Lentils

Chickpeas – 1 seer

Soak overnight. Next day wash and drain. Temper with asafoetida, cumin, and red or green chilies.

Cover the pan and place water in the lid above. After some time stir and cover again. Cook on low heat until done. Add salt and mix.

If red chili is not used whole, sprinkle ground chili afterward.

The same method applies to split gram lentils and whole gram lentils.

Method for Pickling Gunda and Lisoda

Gunda – 1 maund

Salt – 5½ seer

Tamarind – 1 seer

Turmeric – 1 seer

Take fresh lisoda before the caps fall off. Prepare thick tamarind water and mix them into it.

Add salt and turmeric and fill into jars in alternating layers. Cover the top with a layer of salt and seal the jars.

On the third day pour clean water into the jars and press the fruits down with stones so no surface remains exposed. Seal again.

After eight days the pickle is ready.

Sweet-Sour Gunda Pickle

Gunda pulp – 1 seer

Salt – 2 chhatank

Jaggery – 1 seer

Red chili – 1 chhatank

Mustard – 2 chhatank

Oil – 1 chhatank

Asafoetida – 1 tola

Remove the stones from the gunda. Mix in jaggery and chili.

Add mustard, salt, chili, and asafoetida. Fill the mixture back into the gunda and store in jars.

The same method is used for tindora sweet pickle.

Spiced Gunda Pickle

Gunda – 1 seer

Mustard – 2 chhatank

Fenugreek – 2 chhatank

Red chili – 5 tola

Turmeric – 1 tola

Asafoetida – quarter tola

Ground salt

Oil – quarter seer

Remove the stones from the gunda. Lightly roast the fenugreek and grind coarsely. Grind the mustard and remove the husks.

Grind all spices and mix with some oil. Stuff into the gunda and place in jars. Pour remaining oil on top. Seal and offer the next day.

Tindora Pickle

Tindora – 1 seer

Red chili – 2 tola

Salt – 1 chhatank

Fenugreek – 1 chhatank

Oil – quarter seer

Turmeric – 1 tola

Mustard – 2 chhatank

Juice of 5 lemons

Cut the tindora into four sections while keeping them joined at the stem. Mix all spices into the souring liquid and stuff them.

Add oil the next day.

Ber Pickle

Half-ripe country ber – 1 seer

Salt – 2 chhatank

Turmeric – half tola

Red chili – 1½ tola

Ground mustard – 3 tola

Coat the ber with salt and turmeric. Mix in chili, jaggery, and mustard.

Keep immersed in jaggery syrup made with quarter seer jaggery and water.

Bamboo Shoot Pickle

Tender green bamboo – 1 seer

Salt – half seer

Lemon juice – quarter seer

Peel the bamboo and cut into long strips three fingers long and one finger thick.

Apply salt and turmeric and immerse in lemon juice. Use after five days.

Mustard Mango Pickle

Raw mangoes – 100

Salt – 3½ seer

Turmeric – 2 seer

Mustard – 4 seer

Ground red chili – 2 seer

Asafoetida – quarter seer

Oil – 10 seer

Cut the mangoes into nine sections while keeping them attached at the stem. Fill with salt and turmeric and store in jars.

After three days remove them. Grind the mustard and remove the husks. Churn the mustard with oil and mix in chili and asafoetida.

Stuff into the mangoes and pour oil over them until submerged. Use after four days.

Sambhari Mango Pickle

Raw mangoes – 100

Salt – 5 pav

Turmeric – 1½ seer

Ground red chili – 2 seer

Fenugreek – 2 seer

Asafoetida – quarter seer

Sesame oil – 10 seer

Cut the mangoes into four pieces joined at the stem.

Grind the fenugreek, chili, salt, turmeric, and asafoetida finely. Mix with about 3 seer oil into a stuffing.

Fill the mangoes tightly and arrange them carefully in jars so the stuffing does not spill out. Add more oil on the third day.

After eight days the pickle is ready. This is called fenugreek mango pickle.

Cardamom Preserve

Green cardamom – 1 tola

Lemon juice – half seer

Salt – 2 tola

Rock sugar – half tola

Mix rock sugar and salt into the lemon juice and add the green cardamom.

This preparation keeps for two months. Kagdi cardamom may also be prepared similarly, though its skins soften within two days.

Long Pepper Preserve

Long pepper – 1 seer
Salt – half pav
Lemon juice – half seer

Mix the long pepper with salt and immerse in lemon juice.

Raisins, dates, cloves, and black pepper may also be prepared this way.

Pickled Long Pepper

Long pepper – 1 seer
Salt – three-quarter pav
Mustard – three-quarter pav
Turmeric – 1 tola
Oil – quarter seer

Soak the long pepper overnight. Next day remove and mix with salt, turmeric, mustard, and oil.

Black pepper, cloves, and dates may also be prepared similarly.

Green Nutmeg Preserve

Green nutmeg – 1 seer
Lemon juice – half seer
Rock salt – 2 chhatank

Remove the outer skin of the nutmeg and cut into long slits. Apply salt and add lemon juice.

Yam Pickle

Yam – 1 seer
Salt – 2 chhatank
Mustard – 2 tola
Turmeric – 1 tola
Oil – 2 chhatank

Peel the yam and cut into two-finger pieces. Steam lightly on low heat so it remains slightly firm.

Mix with salt, turmeric, mustard, and oil. Colocasia and other roots are prepared similarly.

Cluster Bean Pickle

Cluster beans – 1 seer
Salt – 2 chhatank
Lemon juice – 2 chhatank
Turmeric – 1 tola

Apply salt and turmeric to the cluster beans and immerse in lemon juice.

Ridge gourd and okra are also prepared similarly.

Potato Pickle

Potatoes – 1 seer
Salt – 2 chhatank
Oil – quarter seer
Ground chili – 2 tola
Lemon juice – 2 chhatank
Turmeric – 1 tola
Fenugreek – 1 chhatank
Mustard – 2 tola

Steam the potatoes lightly, drain, and cut into four sections joined at the stem side.

Mix mustard, salt, turmeric, fenugreek, and oil together and stuff into the potatoes. Add lemon juice and pour oil on top.

Ginger Pickle

Ripe ginger – 1 seer
Salt – half seer
Turmeric – 2 chhatank
Lemon juice – 2 chhatank

Wash and peel the ginger and cut into pieces. Mix with salt and turmeric and store in jars.

If sourness is desired, add lemon juice. On the third day add water as needed.

Sweet Mango Pickle

Raw mangoes – 100
Salt – 3½ seer
Turmeric – 3 pav
Asafoetida – quarter seer
Ground mustard – half seer
Coriander seeds – half seer
Fennel – quarter seer
Ground red chili – half seer
Dates – half seer
Oil – half pav
Jaggery – 8 seer

Peel the mangoes and cut into long slices. Mix with 2½ seer salt and 1½ seer turmeric and store in jars.

After three days remove and dry halfway. Grind the mustard finely and churn with oil and jaggery.

Add chili, coriander, fennel, turmeric, salt, and chopped dates. Mix in the mango slices and store in jars.

Add 2 seer jaggery on top and seal. If the jaggery melts and seems insufficient, add more. Use after six or eight days.

Whole sweet mango pickle is also prepared similarly using quartered mangoes.

Loji Mango

Raw mangoes – 5 seer

Jaggery – 15 seer

Mustard – 5 seer

Fenugreek – quarter seer

Asafoetida – 1 chhatank

Turmeric – quarter seer

Ground red chili – half seer

Oil – 1½ seer

Salt – 1 seer

Peel the mangoes and cut into two pieces. Heat oil and temper with mustard, fenugreek, chili, and asafoetida.

Add turmeric and salt. Add jaggery and cook until it begins to boil and thicken. Remove and store in jars.

Use after one day. It may be kept thin or thick.

Lemon Pickle

Lemons – 100

Salt – 3 seer

Turmeric – 1 seer

Cut the lemons into four pieces while keeping them joined at the stem. Fill with salt and turmeric and store in jars with a layer of salt on top.

Sweet Lemon Pickle

Lemons – 100
Jaggery – 10 seer
Salt – 1½ seer
Turmeric – half seer
Fenugreek – quarter seer
Ground chili – half seer
Oil – 1 seer
Mustard – quarter seer

Cut the lemons into four pieces while keeping them joined.

Heat the oil and temper with mustard. Add all the spices, jaggery, and salt. When the lemons soften slightly, remove and store in jars.

Mixed Lemon Pickle

Lemons – 25
Okra – 1 seer
Ginger – 1 seer
Cluster beans – 1 seer
Tindora – 1 seer
Bitter gourd – 1 seer
Salt – 2½ seer
Fresh turmeric – 1 seer
Turmeric – half seer

Cut the lemons according to the previous method and fill with salt and turmeric. Store in jars with extra salt on top.

After eight days add the okra, ginger, and other vegetables listed above. Seal the jars.

This is called raw mixed pickle and should not be stored for too many days.

Bengali Pickle

Papaya – 1 seer
Fresh ginger – quarter seer

Carrot – half seer
Ginger – half seer
Fenugreek – quarter seer
Oil – 1 seer
Tindora – 1 seer
Lemons – 5
Green chilies – 3 pav
Asafoetida – 1 tola
Jaggery – quarter seer
Mustard – quarter seer
Salt – half seer

Peel the papaya and cut into berry-sized pieces. Prepare all the vegetables similarly.

Heat 1 seer oil and add the green chilies. When half-cooked add mustard, fenugreek, and asafoetida. Add all the vegetables except the lemons.

Add salt and turmeric but no water. Stir two or four times until still slightly undercooked. Then add jaggery and lemon and stir once more before removing.

Use after one day. This is called Bengali pickle.

Cucumber Pickle

Cucumber – 1 seer
Mustard – 2 tola
Fenugreek – 2 tola
Oil – quarter seer
Salt – 1½ tola
Asafoetida – 1 masha
Turmeric – 1 tola
Red chili – 5 tola
Jaggery – 3 pav

Remove the cucumber seeds and temper the mixture. Add jaggery and cook slightly before removing.

This pickle keeps only for a few days.

Karonda Pickle

Karonda – 1 seer
Mustard – 2 tola
Fenugreek – 2 tola
Salt – 1½ tola
Turmeric – half tola
Asafoetida – 1 masha
Oil – quarter seer
Red chili – 5 tola
Jaggery – 3 pav

Heat the oil and add mustard, fenugreek, asafoetida, and chili. Add the karonda and cook slightly.

Add jaggery, then salt and turmeric. Mix and remove while still slightly firm. Use immediately.

Celery Pickle

Celery – 1 seer
Mustard – 2 tola
Salt – 2 tola
Turmeric – half tola
Lemon slices – 1 seer

Prepare the celery and coat with salt and turmeric. Grind the mustard and mix with oil.

Add sourness either by adding lemon pieces or by squeezing lemon juice.

Green Chili Pickle

Green chilies – 1 seer
Salt – quarter seer

Juice of 10 lemons
Turmeric – 2 tola

Apply turmeric and salt to the chilies and store in jars in layers with additional salt and turmeric.

Pour lemon juice over them. On the third day ensure the chilies remain submerged; add more juice if needed.

Date Pickle

Dates – 1 seer
Turmeric – 1 tola
Salt – 2 tola
Oil – 2 tola
Mustard – 2 tola
Asafoetida – 1 masha

Remove the pits from the dates and soak in water for one day.

Next day add salt, turmeric, mustard, oil, asafoetida, and mustard seeds. If sourness is desired, add lemon juice.

Sweet Neem Chutney

Sweet neem leaves – 4 tola
Skinless gram – 4 tola
Cumin – 4 tola
Dried coconut gratings – 12 tola
Juice of 2 lemons
Fresh coriander leaves – 12 tola
Salt
Asafoetida – half tola
Roasted ginger – 4 tola
Sour pomegranate seeds – 12 tola

Lightly roast the sweet neem leaves over heat. Grind all ingredients together into chutney.

Cooling Mint Chutney

Fresh mint – quarter seer
Rock salt – 3 tola
Black pepper – 4 tola
Juice of 2 lemons

Grind all together and store in silver, glass, or metal vessels.

In summer, eating this when bile rises excessively greatly reduces heat.

Raisin Chutney

Raisins – 4 tola
Black pepper – 2 tola
Black cumin – 2 tola
Rock salt – 1½ tola

Roast the raisins and black cumin. Grind all ingredients together and form into pills.

Keep in the mouth. It aids digestion and helps when excessive saliva accumulates in the mouth.

Plain Chutney

Fresh coriander – half seer
Ginger – 2 tola
Green chilies – 5 tola
Fresh coconut gratings
Cumin – 2 tola
Asafoetida – 1 tola
Juice of 5 lemons

Roasted gram – quarter seer
Jaggery – 1 tola
Salt – 10 tola

Grind all ingredients finely into a paste. Shape into large cakes and dry them.

Khaman Poha (Flattened Rice)

Flattened rice – 1 seer
Grated fresh coconut from 1 coconut
Green chilies – 5 tola
Asafoetida – 1 tola
Juice of 3 lemons
Ginger pieces – 2 tola
Fresh coriander – 2 bunches
Salt – 5 tola
Oil – half pav
Turmeric – quarter tola

Heat the oil and prepare a tempering with asafoetida and chilies. Add the poha and stir.

Add finely chopped coriander, finely chopped chilies, ginger pieces, salt, turmeric, and lemon juice. Mix well and remove.

Potato Poha

Potatoes – 3 pav
Grated coconut from 1 coconut
Green chilies – 5 tola
Asafoetida – 1 tola
Juice of 5 lemons
Ginger pieces – 3 tola
Fresh coriander – 1 chhatank
Salt – 6 tola

Oil – half pav
Turmeric – half tola
Poha – 1 seer
Fenugreek – 2 tola

Steam the potatoes in water, peel them, and chop finely.

Heat the oil and temper with chilies, asafoetida, and fenugreek. Add the poha, finely chopped coriander, finely chopped chilies, ginger pieces, lemon juice, salt, and turmeric. Mix and remove.

Chutney of Kot Fruit

Kot fruit – 1
Green chilies – half pav
Asafoetida – 1 tola
Grated coconut – half pav
Fresh coriander – half pav
Salt – 6 tola

Roast the kot fruit slightly. Fry the asafoetida and grind all the ingredients finely together.

Dry Sesame Chutney

Fresh coriander – quarter seer
Chilies – quarter seer
Grated coconut – 8 tola
Poppy seeds – 3 tola
Urad dal – 4 tola
Sweet neem leaves – 4
Salt – 8 tola
Black cumin – 5 tola

Roast the coriander, chilies, cumin, dal, and other ingredients. Grind everything together.

This dry chutney is very good.

Fresh Coriander Chutney

Fresh coriander – half pav

Green chilies – half pav

Asafoetida – quarter tola

Ginger – 2½ tola

Salt – 7 tola

Cumin – half tola

Grated coconut – half pav

Fry the asafoetida and roast the cumin and salt lightly. Grind all ingredients finely together.

Tamarind Flower Chutney

Fresh tamarind flowers – quarter seer

Green chilies – 2 chhatank

Coriander – 4 tola

Salt – 10 tola

Black pepper – 2 tola

Cumin – 4 tola

Grind all the ingredients finely.

Dry Coriander Chutney

Coriander – quarter seer

Red chili – half pav

Cumin – half pav
Kokum – half pav
Salt – 1 tola

Grind all the ingredients finely and mix in the kokum to form a paste.

Dry Coriander Powder Chutney

Dry coriander – half seer
Red chili – quarter seer
Cumin – half pav
Asafoetida – half tola
Salt – half pav

Pound the coriander finely. Fry the asafoetida and roast the cumin and chili.

Mix and grind all ingredients together. This dry chutney keeps for many days. It may be added to lentils and vegetables or eaten by itself.

Raita Chutney

Fresh coriander – quarter seer
Grated coconut – quarter seer
Curd – 2 seer
Cumin – 5 tola
Salt – 10 tola
Asafoetida – half tola

Finely chop the coriander and mix into the curd. Grind and mix in all the remaining ingredients.

Sonamukhi Digestive Chutney

Senna leaves – 5 tola
Small harad – 1 tola
Jawa harad – 2 tola
Black pepper – 2 tola
Rock salt – 2 tola
Ginger – 2 tola

Grind all ingredients together very finely into a paste.

If it is to be stored for many days, shape into cakes and dry them.

This chutney aids digestion, cleans the bowels, digests food, and increases appetite.

Papad Poha

Crushed roasted papad – 1 seer
Poha – 1 seer
Grated coconut – quarter seer
Salt – 5 tola
Asafoetida – 1 tola
Green chilies – 6 tola
Juice of 5 lemons
Fresh coriander – 1 chhatank
Ginger pieces – 3 tola
Fenugreek – 2 tola
Oil – quarter seer
Turmeric – half tola

Prepare according to the potato poha method above.

Daliya Poha (Gram Flattened Rice)

Roasted gram – 1 seer
Poha – 1 seer

Grated coconut from 1 coconut

Salt – 5 tola

Ground red chili – 3 tola

Oil – half pav

Ginger pieces – 2 tola

Asafoetida – 1 tola

Juice of 5 lemons

Salt – 7 tola

Turmeric – half tola

Heat the oil and prepare a tempering with asafoetida and chili. Add the poha and roasted gram.

Add all remaining ingredients, mix well, and remove.

Cucumber Preparation

Cucumbers – 2 seer

Grated coconut from 2 coconuts

Ginger pieces – 6 tola

Roasted gram – 3 pav

Green chilies – half pav

Salt – 12 tola

Asafoetida – quarter tola

Juice of 2 lemons

Ghee – 1 tola

Fresh coriander – half pav

Peel the cucumbers and cut into thin strips like matchsticks. Mix in 6 tola salt and leave them tied in cloth under a weight so all water drains out.

Heat ghee and fry the asafoetida. Remove from heat and mix in gram flour, grated coconut, finely chopped chilies, ginger pieces, chopped coriander, and ground salt.

Flattened Rice (Poha)

Take 2½ seer rice and soak overnight in water. Next day drain the water and dry slightly.

Place in an earthen vessel and pound slowly with a pestle while still warm so the grains flatten without breaking.

Then winnow away the husks.

Green Rice Poha

When the paddy is still green and ripening, take 5 seer and prepare according to the previous method in earthen vessels.

Its color will be slightly duller than dry rice poha. Dry-rice poha may also be made without soaking by leaving it in dew for two or three days, then pounding lightly in sacks.

However, it does not become as soft, so soaking is preferable. Such poha is not considered suitable for high-class ritual use among Brahmins and Vaishnavas.

Method for Puffed Gram

Keep gram in dew overnight. Next day tie in cloth and press under weight.

Roast until the grains puff open. Then roll with a wooden roller so the husks loosen. Winnow away the husks.

Market-made puffed gram prepared with water is not suitable, therefore this method is given.

Method for Roasted Grains

Keep jowar in dew for one day. The next day roast it in a pan with sand.

Then sieve away the sand.

Thus ends the fourth part of Vyajan Pak Pradeep, containing grainless preparations, composed by Mukhiyaji Raghunathji Shivji.

Part 5 – Grain Preparations (Sakhdi)

Method for Cooking Rice

Rice – 1 seer

Place 2½ seer water in a pot and cover it. When the water boils, wash the rice three times and add it.

When only a little water remains, remove from heat and place over a very gentle coal fire. Pour 1 tola ghee over it and cover.

Rice absorbs between 2¼ and nearly 3 seer water. For aged rice, wash three times and measure water to about one and a half finger-widths above the rice. Cook covered until perfectly fluffy and finish with ghee.

Eggplant Rice

Rice – 1 seer

Eggplants – 1 seer

Salt – 6 tola

Turmeric – half tola

Asafoetida – quarter tola

Cloves – 1 tola

Ghee – half pav

Heat 2 tola ghee and temper with asafoetida. Add 2½ seer water and the eggplants.

When half-cooked, wash the rice and add it. Add salt and turmeric and cover.

When the rice and eggplant are cooked, pour in ghee and sprinkle powdered cloves. Cover again.

Badi Rice

Rice – 1 seer
Badi – quarter seer
Salt – 5 tola
Asafoetida – quarter tola
Turmeric – half tola
Powdered cloves – 1 tola
Ghee – 10 tola

Prepare according to the eggplant rice method. Fry the badi in ghee first and then add it.

Chickpea Rice

Rice – 1 seer
Chickpeas – 1 seer
Asafoetida – quarter tola
Salt – 5 tola
Turmeric – half tola
Powdered cloves – 1 tola

When the water comes to a boil, add the rice. Add salt, asafoetida, and turmeric.

When the rice is cooked, add the chickpeas and clove powder. Mix and pour ghee over it.

If fresh green chickpeas are available, shell and use them. Otherwise soak dry chickpeas overnight.

Pea Rice

Rice – half seer
Asafoetida – 1½ masha
Turmeric – half tola
Green peas – 1 seer
Salt – 2½ tola

Powdered cloves – 1 tola
Ghee – 5 tola

Prepare according to the previous method.

Green Cowpea Rice

Rice – 1 seer
Ghee – half pav
Asafoetida – quarter tola
Turmeric – half tola
Salt – 5 tola
Powdered cloves – 1 tola
Green cowpeas – 1 seer

Prepare according to the previous method.

Clove Rice

Rice – 1 seer
Asafoetida – quarter tola
Turmeric – half tola
Ghee – half pav
Cloves – 1 chhatank
Salt – 3 tola
Juice of 2 lemons

Prepare according to the previous method. After removing from heat add lemon juice and extra ghee.

Ginger Rice

Rice – 1 seer
Salt – 3 tola
Asafoetida – quarter tola
Turmeric – half tola
Ghee – 2 chhatank
Ginger pieces – 2 chhatank

Prepare according to the previous method.

Five-Nut Sweet Rice

Rice – half seer
Almond kernels – three-quarter pav
Pistachio kernels – three-quarter pav
Raisins – quarter seer
Charoli – 1½ pav
Sugar – 4 seer
Cardamom – 5 masha
Musk fragrance – 2 ratti
Saffron – half tola
Ghee – 1 chhatank

Cook the rice in water until very soft and mash thoroughly. Add the sugar and nuts and continue stirring.

When it boils, add dissolved saffron. After two boils remove and add fragrance.

Steam the almonds and pistachios in hot water, peel them, and cut into pieces. Soak and wash the raisins. Add the charoli whole.

Sikharan Rice

Rice – half seer
Thick curd – 2½ seer
Sugar – 4 seer

Cardamom – 5 masha

Musk fragrance – 2½ ratti

Cook the rice very soft and mash thoroughly. Remove and cool.

Strain the curd through cloth and mix into the rice. Add sugar and fragrance.

Store in a vessel that does not become sour.

Curd Rice

Rice – 1 seer

Curd – 1 seer

Ginger pieces – half pav

Asafoetida – quarter tola

Ground cumin – 1 tola

Ghee – 2 tola

Cook the rice and cool it.

Heat ghee and temper with asafoetida. Add the curd and rice. Mix in the ground cumin and ginger pieces.

Sour Rice

Rice – half seer

Turmeric – quarter tola

Mustard – half tola

Roasted sesame – 1 tola

Roasted fenugreek – three-quarter tola

Asafoetida – 1½ masha

Salt – 1½ tola

Juice of 15 lemons

Ghee – 2 tola

Cook the rice fluffy. Heat ghee and temper with mustard and asafoetida.

Add the rice, turmeric, and salt. Mix in lemon juice and stir.

Add the fenugreek and sesame. When all the liquid is absorbed, remove.

Badi Rice

The method for Five-Nut Badi Rice has already been written above.

Mango Pulp Rice

Rice – half seer

Mango pulp – 2 seer

Almonds – 5 tola

Mace – half tola

Cardamom – 1 tola

Raisins – 5 tola

Saffron – half tola

Sugar – 3 seer

Cook the rice first. Then add the mango pulp and stir until combined. Add the sugar and saffron.

Peel the almonds and add them with the raisins. Stir and remove. When slightly cool add fragrance.

Use brass or silver vessels and stir with a wooden spoon.

Orange Rice

Rice – half seer

Oranges – 20

Almonds – 5 tola
Saffron – half tola
Musk – 2 ratti
Raisins – 5 tola
Cardamom – half tola
Sugar – 3 seer

Cook the rice soft. Add the orange juice and then the sugar.

After several boils add peeled almonds, raisins, and saffron. Remove and add musk fragrance.

Prepare in brass or silver vessels and stir with wood.

Bottle Gourd Rice

Rice – half seer
Grated bottle gourd – 1 seer
Sugar – 1½ seer
Cardamom – half tola
Musk fragrance – 2 ratti

When the rice is half-cooked, add the grated bottle gourd.

When both become soft, add sugar. After two boils remove and add fragrance.

Banana Rice

Rice – half seer
Bananas – 10
Sugar – 2 seer
Ghee – quarter seer
Cardamom – 1½ masha
Musk fragrance – 3 ratti

When the rice is cooked, peel and slice the bananas into it.

Add sugar and boil. Remove and add fragrance. Pour in ghee, stir, and cover.

Melon Rice

Rice – half seer

Melon – 1 seer

Sugar – 1½ seer

Cardamom – half tola

Saffron – 1½ masha

Musk fragrance – 4 ratti

When the rice is cooked, add melon pieces and sugar. Boil until thickened.

Remove and add fragrance.

Moong Dal Khichdi

Rice – 2½ pav

Moong dal – 1½ pav

Salt – 1 chhatank

Ginger pieces – 1 tola

Black pepper – 1 tola

Turmeric – half tola

Ghee – 1 chhatank

Asafoetida – 5 tola

Boil 3 seer water. Wash the rice and dal and add them.

When half-cooked add salt, turmeric, ginger pieces, and black pepper. When fully cooked make a hollow in the center.

Add asafoetida and pour in 1 chhatank ghee. Cover with the khichdi and place over embers on low heat.

Do not stir after adding the tempering. Offer before mixing.

Whole Moong Khichdi

Rice – 2½ pav

Whole moong – 2½ pav

Salt – 5 tola

Ginger pieces – 2 tola

Asafoetida – 1 masha

Ghee – 2 chhatank

Turmeric – half tola

Boil 2½ seer water. Add the whole moong first.

When the moong splits open, add washed rice. Add salt and turmeric and continue according to the previous method.

Arhar Dal Khichdi

Rice – 2½ pav

Arhar dal – 1½ pav

Salt – 5 tola

Ginger pieces – 2 tola

Asafoetida – 1 masha

Ghee – 2 chhatank

Turmeric – half tola

Boil 4 seer water. Add hot water as needed so the mixture does not cool.

When the dal splits, add washed rice and continue according to the previous method.

Khachido

Rice – quarter seer
Wheat – 2 chhatank
Jowar – 2 chhatank
Moong dal – 2 chhatank
Split gram dal – 2 chhatank
Chickpeas – 2 chhatank
Salt – 5 tola
Turmeric – half tola
Ghee – quarter seer
Ajwain – half tola
Pearl millet – half pav
Asafoetida – quarter tola
Ginger pieces – 2 tola

Sprinkle water over the wheat, jowar, and bajra and pound them lightly so the husks loosen. Winnow away the husks.

Boil $5\frac{1}{4}$ seer water and add the grains. When half-cooked add the moong and gram dals. When slightly cooked add the rice.

Add salt, asafoetida, ajwain, ginger, and turmeric. When the water dries and everything is cooked, pour in ghee, stir, and cover over embers.

Sweet Khichdi

Wheat – half seer
Urad – 3 pav
Ghee – 1 chhatank
Clove powder
Cardamom – quarter tola
Mace – quarter tola
Nutmeg – quarter tola

Soak the wheat overnight. After two hours pound lightly in a mortar so the grains crack but do not break completely. Winnow away the husks.

Boil 3 seer water and add the whole grains. When half-cooked add the cracked grains. When cooked add sugar and ghee.

Remove from heat and add fragrance carefully without stirring too much.

Wheat Roti

Wheat flour – 1 seer

Ghee – half pav

Dusting flour – quarter seer

Rice flour – quarter pav

Knead the flour and sprinkle water over the dough repeatedly while kneading until soft enough for rolling.

Make dough balls of desired size and roll with dusting flour.

Place on a thick griddle. When slightly heated turn over. When light spots appear, place directly over embers so it puffs.

Remove, place in a plate, and spread ghee with a spoon.

Layered Wheat Roti

Wheat flour – 1 seer

Ghee – 3 pav

Dusting flour – half pav

Prepare dough according to the previous method. Shape dough balls and apply warm ghee on one side.

Dust with flour, fold into layers, and roll. Cook on the griddle. When reddish spots appear, flip again until cooked.

Remove and clap lightly by hand so the layers separate. Place on a plate and spread ghee between both layers.

Mixed Flour Roti

Wheat flour – 3 pav
Gram flour – 5 seer
Turmeric – 1 tola
Ajwain – half tola
Ghee – 2 chhatank
Asafoetida – half tola
Salt – half tola

Mix both flours with turmeric, salt, crushed asafoetida, and ajwain.

Knead with shortening and prepare rotis according to the previous method.
Spread with ghee.

Mixed Grain Roti

Jowar and wheat flour – 1 seer
Salt – half tola
Ajwain – half tola
Asafoetida – quarter tola

Mix all ingredients into the flour and knead. Roll and cook according to the previous method until puffed. Spread with ghee.

Moong Roti

Moong flour – 1 seer
Turmeric – 5 tola
Ghee – 2 tola

Knead the flour thoroughly. Shape dough balls and roll with dusting flour.

Cook until reddish spots appear on both sides and spread with ghee.

Layered Roti

Wheat flour – 1 seer

Ghee – half seer

Knead the flour and keep the dough somewhat soft. Make eight dough balls.

Roll each into a round about one and a half spans wide. Spread soaked ghee all over it. Then make folds in the center using the fingers while rolling and wrapping it continuously.

Break one side and shape it into a dough ball by winding it around the fingers, in the same way as making a layered sweet. Roll it out again and cook lightly on the griddle.

Pour ghee around all four sides. Fry until reddish spots appear on both sides. Remove and prepare all the remaining dough similarly. Spread any leftover ghee over all of them.

Stuffed Roti

Moong dal – half seer

Wheat flour – 1 seer

Ground salt – half tola

Ghee – quarter seer

Turmeric – half tola

Asafoetida – 8 ratti

Ginger – 1 tola

Lemon juice

Garam masala – 1 tola

Ground black pepper – 1 tola

Add 1 chhatank ghee as shortening to the flour and knead thoroughly.

Soak the dal the previous day. Remove the husks after washing. Heat ghee and temper with asafoetida. Add salt and turmeric and cover until cooked.

Remove and mix in lemon juice, ginger, spices, and pepper.

Prepare dough balls. Make separate filling balls from the dal mixture and stuff them inside like puran poli. Roll out and cook with ghee.

The same stuffed roti may also be made with gram flour. Roast quarter seer gram flour in ghee with asafoetida, then mix spices according to the previous method. Spread ghee generously.

Arhar Dal Puran Poli

Wheat flour – 1 seer

Arhar dal – 1 seer

Jaggery – 1 seer

Ghee – quarter seer

Mace – half tola

Nutmeg – quarter tola

Add 1 chhatank ghee as shortening to the flour and knead. Keep soft by applying ghee while kneading.

Boil the dal. If excess water remains, drain it and mash thoroughly. When the water dries, add crumbled jaggery and continue stirring until soft enough to spread.

Add fragrance. Make dough balls, fill with the puran mixture, roll, and cook. Spread ghee with a spoon.

Sugar Arhar Dal Puran Poli

Wheat flour – 1 seer
Arhar dal – 1 seer
Sugar powder – 1½ seer
Ghee – quarter seer
Cardamom – 1 tola
Musk fragrance – 2 ratti

Prepare according to the previous method and spread with ghee.

Gram Dal Puran Poli

Wheat flour – 1 seer
Gram dal – 1 seer
Sugar powder – 1½ seer
Ghee – quarter seer
Cardamom – half tola

Prepare the flour according to the previous method.

Boil the dal and grind it smooth. Place on the stove, add sugar, and stir continuously until soft. Remove and add fragrance.

Fill into dough balls, roll, cook, and spread with ghee.

Suraj Roti

Wheat flour – 1 seer
Sugar powder – 1 seer
Ghee – quarter seer
Grated coconut – three-quarter pav
Cardamom – 1 tola

Add shortening to the flour and knead. Roast the coconut lightly in ghee.

Mix in sugar and fragrance. Fill into dough balls and prepare according to the previous method. Spread with ghee.

Colocasia Puran Poli

Wheat flour – 1 seer
Oil – half seer
Colocasia – half seer
Salt – 2 tola
Black pepper – half tola
Asafoetida – quarter tola
Coriander spice mix – 1 tola
Dried mango powder – half tola
Clove powder – half tola

Peel the colocasia and fry slowly in oil until cooked. Mash until smooth.

Mix in all the spices.

Add oil as shortening to the flour and knead with 1 tola salt. Fill the mixture into dough balls, roll out, and fry in oil.

Mixed Flour Flatbread

Wheat flour – 2½ pav
Gram flour – 1½ pav
Asafoetida – 1¼ masha
Turmeric – 1 tola
Coriander spice mix – 1 tola
Salt – half tola
Black pepper – 1 tola
Oil – half pav
Ghee – half pav

Add oil as shortening to the flour. Mix in all the spices and knead stiff dough.

Roll and cook according to the previous method. Spread with ghee.

Bajra Paratha

Bajra flour – 1 seer
Black pepper – 2 tola
Salt – half tola
Asafoetida – 4 ratti
Oil or ghee – 1½ pav

Mix all ingredients into the flour and knead. Roll out and place on the griddle.

Pour ghee or oil over it while cooking until crisp and fully cooked.

Fenugreek Bajra Paratha

Bajra flour – 1 seer
Fenugreek greens – quarter seer
Asafoetida – 1 masha
Ground black pepper – 1 tola
Salt – half tola
Oil or ghee – quarter seer
Coriander spice mix – 1 tola

Finely chop the fenugreek greens and mix into the flour with all spices. Knead and cook according to the previous method.

Bajra Roti

Knead the flour while mixing thoroughly. Roll out and place on the griddle.

When heated slightly, turn over. When reddish spots appear, flip again. Once puffed and fully cooked, remove and spread with ghee.

Sweet Jaggery Roti

Wheat flour – 1 seer

Jaggery – half seer

Ghee – 2 chhatank

Dissolve the jaggery in a little water. Add the wheat flour and prepare dough.

Roll and cook like rotis, then spread with ghee.

Bati

Coarse wheat flour – 1 seer

Thick ghee – quarter seer

Salt – 1 tola

Mix flour and salt with water and knead thoroughly.

Shape into batis and press a thumb indentation into each. This helps them cook evenly without cracking.

Bake over embers, turning frequently until reddish and fully cooked. Then bury briefly in hot ash so they cook through completely.

Remove, wipe with cloth, crush slightly in the palms, and dip repeatedly in ghee.

Semolina Bati

Wheat semolina – 14 chhatank

Gram flour – 2 chhatank

Ghee – 6 chhatank

Salt – 3 tola

Turmeric – half tola

Asafoetida – 1½ masha

Mix semolina and gram flour. Add 2 chhatank ghee, turmeric, asafoetida, and salt.

Shape batis and place over the stove in ghee on a gentle flame. When one side becomes reddish, turn over.

Cook both sides thoroughly inside and out, then remove.

Sweet Jaggery Bati

Coarse wheat flour – 1 seer

Granulated jaggery – 1½ pav

Ghee – 1½ pav

Add 2 chhatank ghee as shortening to the flour and knead.

Fill the center of each bati with jaggery and fry slowly in ghee on a low flame until fully cooked.

Ginger Bati

Wheat flour – 1 seer

Ginger pieces – 2 chhatank

Salt – 3 tola

Asafoetida – 2 masha

Ghee – 2 chhatank

Heat 1 tola ghee and temper with asafoetida. Add 1 tola salt and the ginger pieces.

Add 2 chhatank ghee as shortening to the flour and knead with the remaining salt. Fill the ginger mixture inside the batis and fry in ghee.

Method for Chila

Urad dal – 3 pav
Gram flour – quarter seer
Oil – quarter seer
Salt – 3 tola
Ground black pepper – 1 tola
Turmeric – half tola
Asafoetida – quarter tola

Soak the husked urad dal the previous day. Next day wash and grind finely.

Mix in the gram flour and all spices. Heat a smooth griddle and grease lightly with oil.

Pour batter with a bowl and spread by hand where thick. Grease around the edges with cotton dipped in oil.

When cooked, flip with a spatula. Prepare all similarly.

Moong Dal Chila

Moong dal – 1 seer
Oil – 1 seer
Salt – 3 tola
Turmeric – half tola
Asafoetida – quarter tola
Black pepper – 1 tola

Soak the dal the previous day. Next day wash, grind, and prepare batter.

Mix in all ingredients and prepare according to the previous method.

Gram Flour Chila

Gram flour – 1 seer
Oil – quarter seer
Salt – 3 tola
Asafoetida – quarter tola
Turmeric – half tola
Black pepper – 1 tola

Mix all ingredients into the gram flour and prepare batter. Grease the griddle and prepare according to the previous method.

Jaggery Chila

Wheat flour – 1 seer
Jaggery – 1½ pav
Ghee – quarter seer

Dissolve the jaggery in water and prepare batter with the flour. Grease the griddle and prepare according to the previous method.

Sugar Chila

Wheat flour – 1 seer
Sugar powder – half seer

Dissolve the sugar in water and prepare batter with the flour. Churn thoroughly and prepare according to the previous method.

Gram Flour Gathiya

Gram flour – 1 seer
Salt – 3 tola
Alkaline salt – 1½ tola
Coarsely ground black pepper – 2 tola

Oil – half seer

Asafoetida – quarter tola

Add 4 tola oil as shortening to the gram flour. Roast and powder the alkaline salt before mixing it in.

Add pepper, salt, asafoetida water, and knead stiff dough. Work the dough repeatedly with oiled hands.

Shape thick ropes and fry slowly in oil until fully cooked inside. Break one to test the center.

Gram Flour Sev (Jhajhira)

Gram flour – 1 seer

Salt – 4 tola

Asafoetida – quarter tola

Oil – quarter seer

Ground black pepper – quarter tola

Dissolve the salt and asafoetida in water and mix into the gram flour with pepper.

Prepare soft dough and add oil as shortening. Heat oil in a pan and test with a little dough.

Place the sev press over the pan and grease it. Press the dough through with the palms into the oil to form sev.

Sprinkle salt on top after frying.

Chorafali

Gram flour – 1 seer

Salt – 4 tola

Asafoetida – quarter tola
Ajwain – 1 tola
Ground black pepper – 1 tola
Oil – 1 seer

Dissolve the salt and asafoetida in water and mix with the gram flour, ajwain, and pepper.

Add half pav oil gradually while kneading. Roll thin on a board, cut into strips, and fry in oil.

Maida Sev (Patiya)

Maida – 1 seer
Sugar – 1½ seer
Ghee – half pav
Cardamom – half tola

Knead the maida stiffly and let rest for one hour. Sprinkle water and continue softening until suitable for sev.

Use a wooden sev board with holes. Sit beside it, grease hands with ghee, and stretch the dough into long strands with both hands.

Spread the strands thinly and dry them. Store when dry.

When preparing, boil water. Roast 1 seer sev lightly in half chhatank ghee and add to the boiling water. When softened, drain excess water.

Place in a pan with ghee, stir, and boil twice. Remove and add fragrance before offering.

Val Preparation

Val beans – 1 seer
Asafoetida – 1½ masha
Grated coconut – 2 chhatank
Oil – 1 chhatank
Sugar – 1 chhatank
Black pepper – 1½ tola
Dried mango powder – 2 tola
Raisins – 8 tola
Coriander spice mix – 1 tola
Salt – 2 tola

Soak the val beans one day. Next day drain and tie in cloth under a weight until the sprouts emerge. Remove the skins.

Heat oil and temper with asafoetida. Sprinkle a little water and cover. When softened add salt and turmeric.

When fully cooked add raisins. Then add dried mango powder, sugar, spices, and coconut. Mix and remove.

Val Dal

Val dal – 1 seer
Oil – half pav
Ghee – 2 tola
Salt – 3 tola
Turmeric – half tola
Asafoetida – 1½ masha
Black pepper – 1¼ tola
Coriander spice mix – 2 tola
Grated coconut – half pav

Soak the dal for two watches of the day. Temper with asafoetida and sprinkle water.

Add salt and turmeric and cook slowly. When done, add spice mix and coconut and remove.

For fasting-style preparation, temper in oil and add salt and turmeric afterward.

Split Dal Preparation

Dal – 1 seer

Ghee – half pav

Salt – 3 tola

Ground turmeric – half tola

Asafoetida – 1½ masha

Coriander spice mix – 2 tola

Black pepper – 1½ tola

Soak the dal for two watches beforehand.

Heat ghee and temper with asafoetida. Sprinkle water, add turmeric, and cook slowly over coals.

When done, add salt, spice mix, and ground pepper.

For fasting-style preparation, temper in oil and add salt and turmeric first.

Split Gram Dal

Soak 1 seer gram dal overnight and prepare according to the previous method.

Sprouted Moong

Moong – 1 seer

Ghee – 2 chhatank

Asafoetida – 1½ masha

Coriander spice mix – 2 tola

Salt – 3 tola

Turmeric – half tola

Black pepper – 1 tola

Soak the moong for two days, drain, tie in thick cloth, and place under a weight until sprouted.

Heat ghee and temper with asafoetida. Sprinkle a little water and add turmeric. Cook slowly.

When done, add salt and pepper.

For fasting-style preparation, temper in oil and add salt and turmeric first.

Moth Bean Tempering

Moth beans – 1 seer

Oil – half pav

Asafoetida – 1½ masha

Black pepper – half tola

Salt – 3 tola

Turmeric – half tola

Coriander spice mix – 2 tola

Soak the moth beans the previous day. Next day drain.

Heat oil and temper with asafoetida and pepper. Sprinkle water and add salt and turmeric. Cook slowly.

When done, mix in the spice mix and remove.

Sour Urad

Urad – 1 seer
Gram flour – 2 chhatank
Ghee – 1 chhatank
Buttermilk – 2 seer
Salt – 4 tola
Turmeric – half tola
Asafoetida – 2 tola
Garam masala – 3 tola
Cloves – half tola
Black pepper – half tola

Boil the urad in a little water. When cooked drain excess water and add buttermilk.

Add salt and turmeric. Mix gram flour batter into it until smooth.

Prepare tempering and mix in garam masala before removing.

Whole Chickpeas, Val, and Peas

Chickpeas – 1 seer
Ghee – half pav
Salt – 3 tola
Turmeric – half tola
Asafoetida – 1½ tola
Coriander spice mix – 2 tola
Black pepper – half tola

Soak the chickpeas the previous day.

Prepare tempering with asafoetida and pepper. Sprinkle a little water, add turmeric and salt, and cover.

Cook slowly. When done, add spice mix.

For fasting-style preparation, add salt afterward.

The same method applies to val beans and peas.

Green Peas

Green peas – 1 seer

Ghee – 1 chhatank

Salt – 3 tola

Turmeric – half tola

Asafoetida – 1½ tola

Black pepper – half tola

Coriander spice mix – 2 tola

Fresh coriander – 2½ tola

Grated coconut – 10 tola

Heat ghee and temper with asafoetida and pepper. Add salt and turmeric, sprinkle water, and cover.

When cooked, add coriander and coconut. Mix and remove.

Cowpeas

Cowpeas – 1 seer

Oil – 2 chhatank

Salt – 3 tola

Turmeric – half tola

Asafoetida – 1½ masha

Black pepper – half tola

Coriander spice mix – 2 tola

Dried mango powder – 2½ tola

Sugar – 4 tola

Temper with asafoetida and pepper. Add salt, turmeric, and water and cook.

When done, add souring, sugar, and spice mix and remove.

Plain Moong

Moong – 1 seer

Ghee – 2 chhatank

Salt – 3 tola

Turmeric – half tola

Asafoetida – 1½ masha

Coriander spice mix – 2 tola

Boil water and add the moong. When slightly cooked add salt, turmeric, and asafoetida.

When soft and dry, add spice mix and remove.

Arhar Dal

Dal – 1 seer

Ghee – 2½ tola

Salt – half tola

Turmeric – half tola

Fenugreek – half tola

Mustard – half tola

Asafoetida – 1½ masha

Kokum – 5 tola

Jaggery – 2 tola

When the water boils, wash the dal in both hot and cool water and add it.

When cooked smooth, add salt and turmeric. Add jaggery and kokum.

Prepare tempering with fenugreek, mustard, and asafoetida. Add chopped fresh coriander and remove.

Thin Arhar Dal and Osaman

Dal – 1 seer

Ghee – quarter seer

Salt – 5 tola

Turmeric – 1 tola

Asafoetida – 2 masha

Black pepper – 1 tola

Kokum – 4 tola

Jaggery – 4 tola

Mustard – half tola

Cumin – half tola

When the water boils, wash the dal with hot and cool water and cook covered.

When cooked, strain the dal. In half the dal add 2½ tola salt, half tola turmeric, and 1 masha asafoetida.

Mash smooth, pour in 1 chhatank ghee, cover, and keep over embers for ten minutes. This is thick dal.

For Osaman, heat a pan and add 2½ tola ghee. Add cumin, mustard, and pepper. When crackling, add asafoetida and pour in the strained liquid.

Add salt and turmeric. When foam rises add washed kokum and jaggery. After boiling add chopped fresh coriander and remove.

Ginger pieces may also be added.

Split Urad Dal

Split urad dal – 1 seer

Ghee – 2 tola

Salt – 3 tola

Turmeric – half tola

Cloves – 1½ masha

Asafoetida – 1½ masha
Black pepper – half tola
Garam masala – 2½ tola

When the water boils, wash the dal and add it.

Add salt and turmeric and cover. When cooked, prepare tempering with asafoetida, pepper, and cloves.

Add garam masala, mix, and remove.

Mixed Dal

Arhar dal – 5 chhatank
Gram dal – 5 chhatank
Urad dal – 1½ pav
Ghee – 2 tola
Salt – 5 tola
Turmeric – half tola
Asafoetida – 1½ masha
Black pepper – half tola
Fenugreek – half tola
Mustard – half tola
Juice of 1 lemon
Garam masala – 3 tola

When the water boils, wash the dals and add them. When partly cooked, add salt and turmeric.

When fully cooked, temper with fenugreek, mustard, and pepper. Add raw asafoetida, garam masala, and souring before removing.

Dal with Dumplings

Dal – 1 seer
Ghee – 2 tola
Salt – 5 tola
Turmeric – half tola
Asafoetida – 1½ masha
Black pepper – half tola

When the water boils, wash and add the dal. When softened add salt and turmeric.

Prepare tempering with fenugreek, pepper, and cumin. Add raw asafoetida.

When fully cooked, add spices and remove.

Split Moong Dal

Split moong dal – 1 seer
Ghee – 2 tola
Salt – 5 tola
Asafoetida – 1½ masha
Turmeric – half tola
Coriander spice mix – 3 tola
Fenugreek – 1 tola
Black pepper – half tola

When the water boils, wash and add the dal. When cooked, add salt and turmeric and cover.

Add raw asafoetida. Temper with fenugreek and pepper. Add spice mix and remove.

Moong-Fenugreek Preparation

Moong – 1 seer
Fenugreek greens – 2 chhatank

Salt – 5 tola
Asafoetida – 2 masha
Turmeric – half tola
Black pepper – half tola
Kokum – 5 tola
Coriander spice mix – 4 tola

When the water boils, add the moong and fenugreek greens. Soak the fenugreek beforehand.

Add salt and turmeric and cover. When cooked, add washed kokum or dried mango powder.

Prepare tempering with asafoetida and pepper. Add spice mix and remove.

Gram Dal

Gram dal – 1 seer
Gram flour – half pav
Ghee – 2 tola
Salt – 5 tola
Kokum – 5 tola
Turmeric – half tola
Asafoetida – 1½ masha
Black pepper – 1 tola
Coriander spice mix – 2½ tola
Ajwain – half tola
Fresh coriander – 2 seer
Coriander seeds – 1½ masha

When the water boils, wash and add the dal. When softened, prepare gram flour batter and mix it in.

Add salt and turmeric. Heat ghee and temper with asafoetida and pepper.

When smooth, add souring and tempering. Add spice mix and ajwain before removing.

Kadhi

Gram flour – 2 chhatank

Buttermilk – 2 seer

Ghee – 2 tola

Salt – 3 tola

Turmeric – half tola

Ginger pieces – 2 tola

Fenugreek – half tola

Mustard – half tola

Cumin – half tola

Asafoetida – 1½ masha

Green chilies – 6

Sweet neem leaf sprig – 1

Fresh coriander – 1 tola

Sugar – 1 chhatank

Mix the gram flour into the buttermilk with salt and turmeric. If too thick, add water.

Prepare tempering with fenugreek, mustard, cumin, and chilies. Stir continuously until it boils strongly and the raw smell disappears.

Add ginger pieces and split chilies. Add neem leaves and asafoetida. Let it boil thoroughly, then add sugar.

Add fresh coriander and remove after four minutes.

If foam has not risen well, continue boiling longer, otherwise the buttermilk may split.

For kokum kadhi, use kokum instead of buttermilk. Boil thoroughly before adding it.

Osaman made from strained arhar dal may also be tempered and mixed into kadhi.

Drumstick pieces, eggplant, okra, ginger, pakodis, and dumplings may also be added.

For pakodi kadhi, prepare gram flour batter, beat well, fry pakodis in ghee, and add them to the kadhi.

Boondi kadhi is prepared similarly.

Patra Kadhi

Prepare kadhi according to the previous method.

Mix gram flour with asafoetida and spices into a thick paste. Spread over colocasia leaves and roll tightly.

Place grass or straw in a pot with water beneath so the rolls remain above the water. Cover and steam thoroughly.

Remove, slice like barfi pieces, and add to the kadhi.

Banana, eggplant, okra, ginger, pakodi, and dumplings may also be added similarly.

Three-Grain Preparation

Cowpeas – quarter seer

Soaked chickpeas – half pav

Urad dumplings

Prepare a thick paste of the cowpeas. Add salt and black pepper and temper with asafoetida and cumin.

Then add the soaked chickpeas and urad dumplings and boil together. When the liquid reduces, remove.

Churma

Wheat flour – 1 seer
Sesame – 1 chhatank
Oil – 1 chhatank
Ghee – half pav
Jaggery – half pav

Mix the flour and sesame with oil shortening. Add water little by little and knead stiff dough.

Shape into thick rotis or laddus and bake over smokeless embers, turning constantly so they cook evenly without scorching.

When fully baked, bury briefly in warm ash. Remove after half a watch, brush off the ash, wipe clean, and pound coarsely.

Sieve through a coarse sieve. Mix in jaggery gradually by hand, then pour in hot ghee and bind into laddus.

For sugar churma, use half seer sugar per seer flour.

Second Method for Churma

Prepare stiff dough according to the previous method.

Press into a tray and make finger indentations. Bake thoroughly on both sides over a griddle.

Pound, sieve, mix with jaggery and ghee, and form laddus.

Barfi Churma

Wheat flour – 1 seer
Ghee – half seer

Nutmeg – 1
Jaggery – 1½ pav
Sesame – 1 chhatank

Prepare dough with shortening and sesame according to the previous method.

Bake over gentle embers, pound, sieve, and mix with jaggery and ghee. Spread in a tray.

Sprinkle powdered nutmeg and sugar on top. Cut like barfi into desired shapes.

Dhoori (Semolina Sweet)

Wheat semolina – 1 seer
Jaggery – 3 pav
Ghee – half pav

Roast the semolina in 1 chhatank ghee.

Boil 1 seer water and add jaggery. Remove the scum as it rises.

Add the semolina gradually while stirring. Cover and cook slowly until softened.

Then add ghee, cover again, and remove.

Moong Dal Dumplings

Moong dal – 1 seer
Ginger – 4 tola
Asafoetida – half tola
Black pepper – 2 tola
Salt – 4 tola
Turmeric – half tola

Soak the dal overnight. Next morning wash and remove the husks.

Grind on a stone slab and mix in ginger, asafoetida, pepper, salt, and turmeric. Beat thoroughly.

Drop dumplings onto mats in the sun. When dried, store in vessels.

For use, crush lightly like coarse flour and roast in ghee before adding to dishes.

These are used in rice, curries, and vegetable dishes.

Urad Dal Dumplings

Prepare according to the previous method.

The dal may also be ground coarsely, soaked overnight, and mixed with the same spices before shaping the dumplings.

Sesame Vadi / Devari

Urad dal – 1 seer

Sesame – 3 seer

Choritha – quarter seer

Salt – half pav

Red or black pepper – 5 tola

Asafoetida – 2 tola

Ginger – 1 chhatank

Soak the dal, wash, and grind finely.

Mix in all ingredients thoroughly. Shape thick sticks on mats in the sun.

Press and flatten like large sticks. When dried these are called devari. They are fried in oil before use.

Urad Dal Vada

Prepare urad dal batter according to the previous method and mix in all the spices.

Wet the hand with water, shape dough balls, make a hole in the center with the finger, and fry slowly in oil.

These vadas may also be added to buttermilk seasoned with asafoetida and cumin.

Moongoda

Prepare moong dal batter according to the previous method.

Shape small pieces the size of betel nuts and fry.

These may be offered directly or added to buttermilk seasoned with asafoetida and cumin.

Moong Dal Kachori

Moong dal – 1 seer

Maida – 3 pav

Oil – 3 pav

Salt – 3 tola

Turmeric – 1 tola

Coriander spice mix – 2 tola

Black pepper – 2 tola

Red or black dried mango powder – 2 tola

Lemon juice from 2 lemons

Soak and wash the dal. Temper with asafoetida, pepper, and cumin and cover.

Add salt, turmeric, and spices and cook until dry.

Add shortening to the maida and knead stiff dough. Roll puris, fill with dal, shape kachoris, and fry.

For ritual fasting style, fry in ghee and sprinkle salt afterward.

Urad Dal Kachori

Urad dal – 1 seer

Maida – 3 pav

Oil – 1 seer

Ginger pieces – 5 tola

Salt – 3 tola

Turmeric – 2 tola

Juice of 2 lemons or dried mango powder – 4 tola

Black or red pepper – 4 tola

Asafoetida – 5 tola

Coriander spice mix – 4 tola

Fresh coriander – 1 chhatank

Soak the dal overnight. Wash and grind finely.

Mix in asafoetida, spice mix, pepper, salt, and turmeric and beat thoroughly.

Fry half-cooked vadas from this mixture, then mash them. Add souring and spices.

Add plenty of shortening to the maida and knead stiff dough. Roll puris, fill with the dal mixture, flatten gently in the palm, and fry.

Green chickpea, pea, colocasia, yam, and potato gujiyas are prepared similarly.

For ritual fasting style, use ghee instead of oil and sprinkle salt afterward.

Urad Papad

Husked urad flour – 1 seer
Asafoetida – 1½ tola
Salt – 7 tola
Coarsely ground black pepper – 3 tola
Papad alkali – 5 tola
Oil – half pav

Dissolve the salt and asafoetida in water.

Crush the pepper coarsely and remove excess husk. Mix all ingredients into the flour and knead very stiff dough.

Pound thoroughly with a wooden or stone pestle until soft. Grease with oil repeatedly.

Make large dough balls and knead strongly by hand. Divide into smaller portions and roll very thin with oil applied to the board and rolling surface.

Dry them. When needed, roast over embers or fry in oil or ghee.

Mixed Urad-Moong Papad

Husked urad flour – half seer
Washed moong flour – half seer

Mix both flours and prepare according to the previous method.

Moong Dal Papad

Moong flour – 1 seer

Add all the same ingredients and prepare according to the previous method.

Dhokra

Coarsely ground husked urad dal – half seer

Coarsely ground rice – half seer

Asafoetida – half tola

Whole black pepper – 12 tola

Turmeric – half tola

Salt – 3 tola

Oil – half pav

Ginger – 4 tola

Coriander spice mix – 4 tola

Fresh coriander – 1 chhatank

Mix the urad and rice with warm water into thick batter. Add all the spices and leave overnight to ferment.

Next day grease a tray halfway full. Place grass in a vessel with water and set two bricks inside so the tray remains above the water.

Cover and steam. When a finger pressed into it does not sink, remove.

Cut into barfi-like pieces.

Moong Dal Dhokra

Coarsely ground husked moong dal – 1 seer

Add asafoetida, spices, salt, and all the ingredients according to the previous method. Ferment overnight and prepare the same way.

Gram Dal Khaman Dhokra

Gram dal – 1 seer

Asafoetida – half tola

Whole black pepper – 1 tola

Ginger – 4 tola

Grated coconut – half pav

Ground red chili – 4 tola or turmeric – half tola

Whole coriander – 2 tola

Salt – 3 tola

Ground black pepper

Oil – quarter seer

Soak the dal overnight. Next day drain and grind on a stone slab.

Add half the oil as shortening. Mix in asafoetida, spice mix, salt, pepper, coconut, and all the remaining ingredients.

Grease a tray with oil and fill halfway. Steam according to the previous method.

When cooked, cut into small square or round slices.

Prepare tempering in oil with mustard, fenugreek, asafoetida, and pepper. Pour over the pieces until absorbed.

Gram Flour Dhokla

Gram flour – half seer

Asafoetida – quarter tola

Salt – 2 tola

Garam masala – 1 tola

Cumin – half tola

Mustard – half tola

Turmeric – half tola

Oil – quarter seer

Grated coconut – half pav

Buttermilk – 2½ seer

Red or black pepper – half tola

Mix the gram flour with salt, turmeric, and garam masala in buttermilk.

Place on the stove and stir continuously from below until it thickens but remains slightly soft. Remove.

Grease a tray with oil and pour in the mixture. Once firm, cut into finger-sized pieces.

Heat oil and temper with fenugreek, mustard, asafoetida, and pepper. Pour over the dhokla until absorbed.

Sprinkle grated coconut and mix lightly.

Fried Dhokla

Prepare dhokla according to the previous method and fry in 1½ chhatank oil until fully cooked.

Sweet Dhokla

Prepare dhokla according to the previous method and soak in sugar syrup.

Temper with cumin. This is called sweet dhokla or sweet kadhi.

Gram Flour and Fenugreek Muthia

Gram flour – 1 seer

Fenugreek greens – half seer

Salt – 4 tola

Turmeric – half tola

Asafoetida – 1½ masha

Coriander spice mix – 4 tola

Black pepper – half tola

Red or black pepper – quarter pav

Mustard – half tola

Fenugreek – half tola

Add half pav oil as shortening to the gram flour. Add salt, turmeric, spices, asafoetida, and pepper.

Mix in the chopped fenugreek greens and knead into thick rolls.

Steam according to the previous method. Remove and slice.

Prepare tempering with oil, fenugreek, mustard, cumin, and pepper. Pour over until absorbed.

These rolls may also be fried directly.

Bottle Gourd Muthia

Gram flour – 1 seer

Bottle gourd – half seer

Add half pav oil as shortening to the gram flour. Grate the bottle gourd and squeeze out excess water.

Add spices according to the previous method and prepare rolls in the same way.

Patra (Colocasia Leaf Rolls)

Gram flour – 1 seer

Oil – quarter pav

Salt – 5 tola

Asafoetida – 1½ tola

Colocasia leaves – 32 small leaves

Black pepper – 2 tola

Dried mango powder – half pav

Mustard – 1 tola

Fenugreek

Souring agent – dried mango powder, kokum, or tamarind water

Add 1 chhatank oil as shortening to the gram flour. Mix in salt, turmeric, and asafoetida with water to form a thick paste suitable for spreading.

Spread over the leaves and roll tightly.

Place grass in a vessel with water beneath and steam the rolls covered until cooked.

Remove and slice into small pieces. Heat quarter pav oil and temper with fenugreek and mustard.

Pour over the slices until the oil is absorbed.

Eggplant Fritters

Gram flour – 1 seer

Eggplants – 2 seer

Salt – quarter tola

Whole coriander – 2 tola

Turmeric – half tola

Whole black pepper – 2 tola

Alkaline salt – quarter tola

Asafoetida – 1¼ tola

Oil – half seer

Mix the gram flour with pepper, coriander, asafoetida, salt, and turmeric.

Dissolve the alkaline salt in water and mix into the batter.

Slice the eggplants into rounds. Dip into the batter and fry in oil, turning with a skimmer until cooked.

They may also be fried in ghee.

Ridge Gourd Fritters

Gram flour – 1 seer
Ridge gourd – 2 seer
Salt – 5 tola
Alkaline salt – half tola
Asafoetida – quarter tola
Oil – half seer
Black pepper – half tola

Mix the gram flour with salt and asafoetida and prepare batter with water.

Add pepper. Slice the ridge gourd into rounds, coat in batter, and fry according to the previous method.

Ripe Banana Fritters

Gram flour – 1 seer
Bananas – 1 seer
Salt – 5 tola
Alkaline salt – half tola
Asafoetida – 1½ masha
Oil – half seer
Fenugreek seeds – 1 tola
Black or red pepper – half tola
Turmeric – half tola

Mix the gram flour with asafoetida, salt, turmeric, alkaline salt, roasted fenugreek, and pepper to form batter.

Peel the bananas, slice into rounds, coat in batter, and fry according to the previous method.

Ber Fruit Fritters

Gram flour – 1 seer
Ber fruit – 2 seer

Salt – 5 tola
Asafoetida – 1½ masha
Oil – half seer
Black pepper – 1 tola
Turmeric – half tola

Mix all ingredients into batter.

Remove the pits from the ber fruits, coat them in batter, and fry according to the previous method.

Banana Fritters

Gram flour – 1 seer
Bananas – 2 seer
Salt – 5 tola
Alkaline salt – half tola
Asafoetida – 1½ masha
Oil – half seer
Black pepper – 2 tola
Whole coriander – 3 tola

Mix all the ingredients into the gram flour to make batter.

Peel the bananas, slice them, coat in batter, and fry.

Mango Fritters

Gram flour – 1 seer
Mangoes – 2 seer
Salt – 4 tola
Asafoetida – 1½ masha
Oil – half seer

Red or black pepper – 2 tola
Turmeric – quarter tola

Mix all the ingredients into the gram flour batter.

Peel and slice the mangoes, coat in batter, and fry.

Betel Leaf Fritters

Gram flour – 1 seer
Betel leaves – as desired
Salt – 5 tola
Alkaline salt – half tola
Asafoetida – 1½ masha
Oil – half seer
Turmeric – half tola

Mix all the ingredients into batter and coat the betel leaves from both sides before frying.

Ajwain leaves, ginger slices, kewda flowers, raw banana slices, eggplant slices, and bean pods are also prepared similarly.

Stuffed Eggplants

Small eggplants – 1 seer
Gram flour – quarter seer
Coriander seeds – 4 tola
Cumin – 1½ tola
Asafoetida – 1½ masha
Salt – 3 tola
Turmeric – half tola
Oil – quarter seer

Make four slits in each eggplant without separating them.

Mix gram flour with ground salt, turmeric, asafoetida, spices, coriander, and 1 chhatank oil. Stuff this mixture into the eggplants.

Heat 3 chhatank oil and temper with asafoetida and cumin. Cook slowly covered, placing water on the lid above.

When the oil is absorbed and the eggplants are softened, remove.

Stuffed Tindora

Tindora – 1 seer

Gram flour – quarter seer

Ground black pepper – 2 tola

Coriander spice mix – 4 tola

Cumin – half tola

Salt – 3 tola

Asafoetida – 1½ masha

Fenugreek – half tola

Turmeric – half tola

Oil – quarter seer

Cut the tindora into four joined sections. Mix gram flour with oil and spices and stuff the tindora.

Prepare according to the previous method.

Stuffed Parwal

Parwal – 1 seer

Gram flour – quarter seer

Oil – quarter seer

Ground black pepper – 1½ tola

Coriander spice mix – 4 tola

Cumin – 1½ tola

Asafoetida – 1½ masha

Mustard – half tola
Salt – 3 tola
Turmeric – half tola
Grated coconut – 2 chhatank

Prepare according to the previous method. Add black pepper with the spices and temper with mustard and cumin.

Stuffed Raw Banana

Raw bananas – 1 seer
Gram flour – quarter seer
Oil – quarter seer
Black pepper – 1½ tola
Coriander spice mix – 4 tola
Cumin – half tola
Asafoetida – 1½ masha
Salt – 3 tola
Turmeric – half tola
Grated coconut – 2 chhatank
Fenugreek – half tola

Prepare according to the previous method. Add pepper and grated coconut to the spice mixture.

Temper with cumin, fenugreek, asafoetida, and pepper.

Stuffed Potatoes

Peel the potatoes and grate coconut into the spice mixture according to the previous method.

Temper with fenugreek, mustard, asafoetida, and pepper.

Stuffed Bitter Gourd

Bitter gourd – 1 seer
Gram flour – quarter seer
Oil – quarter seer
Ground coriander – 2½ tola
Asafoetida – 1½ tola
Salt – 5 tola
Turmeric – half tola
Jaggery – 4 tola
Fenugreek – half tola
Mustard – half tola

Peel the bitter gourds lightly and slit them through the center without separating them.

Rub in 3 tola salt and leave for half a watch. Squeeze out the moisture.

Mix in the spices and fill the bitter gourds. Temper the oil with asafoetida, pepper, and mustard.

Cook slowly on low heat until done.

Stuffed Okra and Ridge Gourd

Slit the okra according to the previous method and fill with spice mixture.

Peel the ridge gourd lightly and prepare similarly.

Eggplants, potatoes, sweet potatoes, and other vegetables may also be prepared in this way.

Mixed Vegetable Curry

Green peas – 2 chhatank
Sweet potato – 2 chhatank
Half-ripe bananas – 4
Green chickpeas – 2 chhatank
Beans – 2 chhatank
Potatoes – 2 chhatank
Yam – 2 chhatank
Cowpeas – 2 chhatank
Gram flour – 2 chhatank
Fenugreek dhokri – 2 chhatank
Oil – quarter seer
Fenugreek – half tola
Asafoetida – 1½ masha
Black pepper – 2 tola
Mustard – half tola
Coriander spice mix – 4 tola
Alkaline salt – half tola

Cut the sweet potato, yam, banana, and potato into vegetable-sized pieces. Peel the peas and chickpeas.

Mix gram flour with oil shortening, spices, salt, and turmeric, then shape small dumplings and fry them.

Heat oil and temper with fenugreek, mustard, cumin, asafoetida, and pepper.

First add the chickpeas, then the peas and yam in sequence, and lastly the bananas. Add salt and 1¼ seer water.

After some time dissolve the alkaline salt in water and sprinkle it in. Add turmeric and continue cooking.

When cooked, add spice mix and remove.

Eggplant and Dumpling Curry

Eggplant – 2 chhatank
Dumplings – 2 chhatank
Oil – 2 chhatank
Turmeric – quarter tola
Coriander spice mix – 2 tola
Salt – 1 tola
Asafoetida – 1½ masha

Break the dumplings and fry in oil until golden.

Add asafoetida and then the chopped eggplant. Add salt, turmeric, and a little water and cover.

When cooked, add spice mix and remove.

Eggplant and Potato Curry

Eggplant – quarter seer
Potatoes – quarter seer
Oil – half pav
Turmeric – quarter tola
Salt – 1½ tola
Asafoetida – 1½ masha
Black pepper – 1 tola
Coriander spice mix – 2 chhatank

Peel the potatoes and cut into pieces. Chop the eggplants.

Heat oil and temper with asafoetida and pepper. Add salt and turmeric and sprinkle a little water.

When cooked, add spice mix and remove.

Eggplant and Yam Curry

Eggplant – quarter seer
Yam – quarter seer
Salt – 1½ tola
Coriander spice mix – 1 tola
Turmeric – quarter tola
Oil – 1 chhatank
Asafoetida – 1½ masha
Black pepper – quarter tola

Prepare according to the previous method.

Eggplant and Fenugreek Curry

Prepare according to the previous method.

Eggplant and Gathiya Curry

Prepare thick gathiya from gram flour mixed with asafoetida, spices, and oil shortening, then fry them.

Temper the eggplant curry and add the gathiya. When cooked, remove.

Eggplant and Gram Dal Curry

Eggplant – half seer
Gram dal – half seer
Oil – 2 chhatank
Salt – 3 tola
Turmeric – quarter tola
Coriander spice mix – 2 tola
Asafoetida – 1 masha
Black pepper – half tola

Chop the eggplants and soak the dal overnight.

Drain and wash the dal. Temper with asafoetida, pepper, and cumin. Add water.

When slightly cooked add the eggplant, salt, and turmeric and cover.

When done, remove.

Bean and Eggplant Curry

Chop beans and eggplants and temper with asafoetida and pepper in oil.

Add salt and turmeric. When softened add dissolved alkaline salt and prepare according to the previous method.

Eggplant and Dumpling Curry with Gram Flour

Eggplant – 1 seer

Gram flour – quarter seer

Oil – half pav

Salt – 3 tola

Coriander spice mix – 4 tola

Turmeric – half tola

Asafoetida – 1½ masha

Black pepper – half tola

Mix gram flour with asafoetida, spices, half tola salt, and oil shortening to form dumplings.

Boil the dumplings in water.

Prepare the curry and add the dumplings according to the previous method.

Eggplant and Dhokri Curry

Eggplant – 1 seer
Coarse flour – half pav
Gram flour – half pav

Mix both flours with salt, turmeric, spices, asafoetida, and oil shortening and prepare dhokri.

Prepare the curry and add the dhokri according to the previous method.

Eggplant Curry with Curd

Add quarter seer curd to 1 seer eggplant curry and prepare according to the previous method.

Eggplant Bharta

Eggplants – 1 seer
Salt – 1½ tola
Asafoetida – 1¼ masha
Ghee – 2 tola

Take large eggplants and coat them with ghee. Roast over fire or bury in embers.

When fully softened, remove and peel. Mash thoroughly or pass through a sieve.

Heat ghee and temper with asafoetida. Add salt and offer.

Eggplant Gujiya

Eggplant – 1 seer
Maida – half seer
Salt – 1¼ tola
Oil – half seer

Grated coconut – 2 tola
Ginger pieces – half tola
Coriander spice mix – 1 tola
Dried mango powder – 1 tola

Prepare eggplant bharta according to the previous method.

Temper with asafoetida and cumin. Add spices, ginger pieces, and dried mango powder.

Add shortening to the maida and knead dough. Roll puris, fill with the mixture, shape gujiyas, and fry.

Potato Curry

Potatoes – 1 seer
Salt – 3 tola
Coriander spice mix – 1 chhatank
Oil – half pav
Turmeric – half tola
Fenugreek – half tola
Mustard – half tola
Cumin – half tola
Asafoetida – 1½ masha
Grated coconut – half pav
Black pepper – half tola

Steam the potatoes, peel them, and cut into pieces.

Heat oil and temper with fenugreek, mustard, cumin, asafoetida, and pepper.

Add salt and turmeric and mix in the grated coconut. Cover and cook.

Another method: peel and chop 1 seer potatoes and temper according to the previous method.

Add salt and turmeric and cook. Then mix gram flour batter into water and add it.

Add 2½ tola jaggery and 8 tola souring. Boil and remove.

Potato Sev

Potatoes – 1 seer

Salt – 1½ tola

Oil or ghee – half seer

Ground black pepper – 1 tola

Peel the potatoes and grate them finely like sev.

Fry and immediately sprinkle salt and pepper on top.

Sweet Potato Dry Curry

Sweet potatoes – 1 seer

Oil or ghee – 2 chhatank

Salt – 3 tola

Turmeric – half tola

Asafoetida – 1 masha

Black pepper – half tola

Coriander spice mix – 2 tola

Chop the sweet potatoes and temper them.

Add salt and turmeric and then half seer water. Cover until cooked and dry.

Add spice mix and remove. This is a dry curry.

Sweet Potato Gravy Curry

Sweet potatoes – 1 seer
Oil or ghee – 1 chhatank
Jaggery or sugar – 2½ tola
Salt – 4 tola
Turmeric – half tola
Asafoetida – 1½ masha
Ground black pepper – half tola
Kokum – 5 tola
Coriander spice mix – 2 tola

Prepare the tempering according to the previous method.

Add salt, turmeric, and 3 seer water. When cooked add jaggery and kokum.

Add spice mix and remove. Dumplings may also be added.

Cluster Bean Curry

Cluster beans – 1 seer
Oil – 1 chhatank
Salt – 3 tola
Turmeric – half tola
Asafoetida – 1 masha
Black pepper – half tola
Coriander spice mix – 2 tola
Ajwain – 1 tola
Alkaline salt – quarter tola

Trim the cluster beans and cut into pieces.

Temper with asafoetida and pepper. Add salt and turmeric and water.

Dissolve alkaline salt in milk and add it. When cooked add ajwain and spice mix and remove.

Cluster Bean and Pumpkin Curry

Cluster beans – half seer

Pumpkin – half seer

Oil – 1 chhatank

Salt – 3 tola

Turmeric – half tola

Asafoetida – 1½ masha

Black pepper – half tola

Coriander spice mix – 2 tola

Fenugreek – 2 tola

Mustard – 1 tola

Chop the cluster beans and pumpkin.

Temper with fenugreek, mustard, asafoetida, and pepper. Add the cluster beans first.

Add salt, turmeric, and water and cover. When cooked add spice mix and remove.

Pumpkin is also called kashi fruit.

Cluster Bean and Ridge Gourd Curry

Mix both vegetables and prepare according to the previous method.

Cowpea Pod Curry

Cowpea pods – 1 seer

Oil – 1 chhatank

Salt – 3 tola

Turmeric – half tola

Asafoetida – 1 masha

Coriander spice mix – 2 tola

Black pepper – half tola
Ajwain – quarter tola

Prepare according to the previous method.

Drumstick Pod Curry

Drumstick pods – 1 seer
Oil or ghee – half pav
Salt – 4 tola
Turmeric – half tola
Black pepper – 1 tola
Ground kokum – 4 tola
Fenugreek – 1 tola
Mustard – 1 tola
Coriander spice mix – 2 tola
Jaggery – 4 tola
Gram flour – half pav
Grated coconut – half pav
Asafoetida – 1½ masha

Cut the pods into four-finger lengths and steam them.

Prepare gram flour batter and boil it with salt and turmeric. Add jaggery and kokum.

After a little while add spice mix and grated coconut and remove.

Bean Curry

Beans – 1 seer
Oil – 1 chhatank
Salt – 3 tola
Turmeric – half tola
Coriander spice mix – 2½ tola

Alkaline salt – half tola
Ajwain – 1 tola
Asafoetida – 1½ masha
Black pepper – half tola

Chop the beans and temper them.

Add salt and turmeric. Dissolve alkaline salt in water and add it.

When cooked add spice mix and ajwain and remove. Bean and eggplant curry is also prepared this way.

Yam Curry

Yam – 1 seer
Oil or ghee – half pav
Salt – 3 tola
Turmeric – half tola
Asafoetida – 1 masha
Black pepper – 1 tola
Coriander spice mix – 1 tola
Sugar – 2 tola
Souring – 4 tola

Chop the yam and mix with ghee and turmeric before tempering.

When cooked add sugar and souring, mix, and remove.

Second Method for Yam

Yam – 1 seer
Ghee – half seer
Salt – 2 tola
Black pepper – 2 tola
Coriander spice mix – 2 tola

Cut the yam into two-finger pieces.

Place into cool ghee and cook covered slowly over low heat until softened. Then fry in the ghee.

Add salt, ground black pepper, and spice mix before offering.

Colocasia Curry

Colocasia – 1 seer

Oil or ghee – 1 chhatank

Salt – 4 tola

Turmeric – half tola

Asafoetida – 1 masha

Black pepper – 1 tola

Souring from dried mango powder – 1 chhatank or buttermilk – 1 seer

Coriander spice mix – 2 tola

Steam the colocasia and peel it.

Temper with ajwain, asafoetida, and pepper. Add salt and turmeric.

Add curd or buttermilk and remove. If using buttermilk, boil it well.

Then add spice mix and ajwain before removing. Colocasia may also be chopped and cooked directly.

Okra Curry

Okra – 1 seer

Salt – 2 tola

Mustard – half tola

Asafoetida – 1 masha

Oil – quarter seer

Turmeric – half tola

Fenugreek – 1 tola
Coriander spice mix – 1 tola
Black pepper – 1 tola

Chop the okra and prepare according to the previous method.

Add salt and turmeric and cook slowly covered.

When done add spice mix and remove. This may also be prepared with curd.

Parwal Curry

Parwal – 1 seer
Salt – 2 tola
Turmeric – half tola
Asafoetida – 1 masha
Oil or ghee – half pav
Coriander spice mix – 1 tola
Black pepper – 1 tola

Chop the parwal and temper with asafoetida.

Add salt and turmeric, sprinkle a little water, and cook covered on low heat.

When cooked add spice mix and pepper.

Kantola Curry

Kantola – 1 seer
Salt – 2½ tola
Turmeric – half tola
Oil or ghee – half pav
Black pepper – half tola
Coriander spice mix – 1 tola
Asafoetida – 1 masha

Chop the kantola and temper. Add salt and turmeric and cook slowly covered. When cooked add spice mix and remove.

Raw Banana Curry

Raw bananas – 1 seer
Gram flour – half pav
Salt – 2½ tola
Turmeric – half tola
Asafoetida – 1 masha
Fenugreek – half tola
Mustard – half tola
Souring – 2 tola
Coriander spice mix – 4 tola
Oil or ghee – half pav
Black pepper – half tola
Grated coconut – half pav

Chop the bananas and steam slowly.

Temper with asafoetida, fenugreek, mustard, and pepper.

Mix gram flour with salt, turmeric, and oil shortening and add it.

Cook covered. When done add spice mix, grated coconut, and souring before removing.

Ripe Banana Curry

Bananas – 1 seer
Black pepper – half tola
Fenugreek – 1 tola
Mustard – 1 tola
Coriander spice mix – 1 tola
Salt – 2 tola

Turmeric – half tola
Souring – 2 tola
Sugar – half pav
Oil or ghee – 1 chhatank

Chop the bananas and keep aside.

Temper water with mustard, fenugreek, and pepper. When it boils add the bananas.

When cooked add souring, spice mix, and sugar and remove.

Melon Curry

Melon – 1 seer
Coriander spice mix – 1 tola
Salt – 3 tola
Sugar – half pav
Turmeric – half tola
Asafoetida – 1 masha
Black pepper – 1 tola
Souring – 1 tola
Oil or ghee – 1 chhatank
Coriander spice mix – 1 tola

Chop the melon and temper it.

Add salt and turmeric and cover on low heat. When softened add kokum and sugar.

Mix in spice mix and remove.

Gram dal may also be added. In that case prepare the dal first and add the melon after the dal is cooked.

Melon and Cluster Bean Curry

Chop the cluster beans and melon and prepare according to the previous method.

When cooked add spice mix and half pav sugar.

147. Ridge Gourd Curry

Ridge gourd – 1 seer

Salt – 2 tola

Turmeric – half tola

Oil – 1 chhatank

Mustard – 1 tola

Black pepper – half tola

Asafoetida – 1 masha

Coriander spice mix – 1 tola

Peel the ridge gourd and chop it.

Prepare according to the previous method. When cooked add spice mix and remove.

Cucumber Curry

Peel and chop the cucumber and prepare according to the previous method.

Ridge gourd and cucumber may also be mixed together.

Galka Curry

Peel and chop the galka and prepare according to the previous method.

Add spice mix before removing.

Bitter Gourd Curry

Peel and chop the bitter gourds. Rub with salt and squeeze out the moisture.

Temper in oil or ghee with asafoetida. Add turmeric and cook slowly.

When softened add 1 tola sugar and spice mix.

Another method: soak quarter seer gram dal overnight. Squeeze out the water.

Chop 1 seer pumpkin and rub with salt, squeezing out the moisture. Add the dal and pumpkin together.

Add salt and turmeric, sprinkle a little water, cover, and cook slowly.

When cooked add spice mix and jaggery before removing.

Tindora Curry

Tindora – 1 seer

Oil – 1 chhatank

Fenugreek – 1 tola

Black pepper – 1 tola

Asafoetida – 1 masha

Salt – 2 tola

Turmeric – half tola

Coriander spice mix – 2 tola

Chop the tindora and temper it. Sprinkle a little water and cover.

When cooked, add spice mix and remove.

Pumpkin Curry

Pumpkin – 1 seer
Oil – 1 chhatank
Fenugreek – 1 tola
Cumin – half tola
Mustard – half tola
Black pepper – half tola
Asafoetida – 1 masha
Salt – 2 tola
Turmeric – half tola
Jaggery – 1 chhatank
Souring – 2 tola
Coriander spice mix – 2½ tola

Peel and chop the pumpkin.

Temper with fenugreek, mustard, cumin, pepper, and asafoetida. Add water, salt, and turmeric.

When cooked add jaggery and souring, mix well, and remove.

This may also be made with gram dal. For 1 seer pumpkin use quarter seer soaked dal. Drain the water from the dal before tempering.

Add the pumpkin and sprinkle water. Cover and cook.

When done add spice mix and souring before removing.

Ber Fruit Curry

Ber fruit – 1 seer
Oil – 1 chhatank
Salt – 2½ tola
Turmeric – half tola
Asafoetida – half masha
Black pepper – half tola
Souring – 2½ tola
Jaggery – 1 chhatank

Remove the pits from the ber fruits and temper them.

Sprinkle a little water. Add salt and turmeric.

When cooked add souring and jaggery, mix, and remove.

Bottle Gourd Curry

Bottle gourd – 1 seer

Oil or ghee – 1 chhatank

Salt – 2 tola

Turmeric – half tola

Asafoetida – 1 masha

Black pepper – half tola

Jaggery – 2½ tola

Souring – 2½ tola

Peel and chop the bottle gourd and temper it.

Sprinkle water, add salt and turmeric, and cover.

When cooked add jaggery, souring, and spice mix and remove.

This may also be made with gram dal. For 1 seer bottle gourd use quarter seer soaked dal.

Temper the dal first, then add the chopped bottle gourd. Sprinkle water and cover.

When cooked add souring and spice mix and remove.

Amaranth Greens Curry

Amaranth greens – 1 seer

Salt – 1 tola

Asafoetida – 1 masha

Black pepper – half tola
Turmeric – half tola
Ghee – half chhatank

Wash and chop the greens finely.

Temper with asafoetida and pepper. Add half seer water, salt, and turmeric and cover.

Cook until very soft and thick, then remove.

Fenugreek Greens Curry

Fenugreek greens – 1 seer
Oil – half chhatank
Salt – 1½ tola
Turmeric – half tola
Asafoetida – 1 masha
Black pepper – half tola

Chop the fenugreek greens and temper them.

Add water, salt, and turmeric and cover.

When cooked remove.

Fenugreek with amaranth greens and fenugreek with moong dal are also prepared.

Bathua Greens Curry

Bathua greens – 1 seer
Oil – 1 chhatank
Salt – 2 tola

Turmeric – half tola
Black pepper – half tola

Wash and chop the bathua greens finely.

Temper with asafoetida and pepper. When cooked remove.

Mustard Greens Curry

Mustard greens – 1 seer
Salt – 1¼ tola
Asafoetida – 4 ratti
Turmeric – half tola
Black pepper – half tola
Oil – half chhatank

Steam the greens first and squeeze out the water.

Then temper them. Add salt and turmeric.

When cooked remove.

Chickpea Greens with Dal

Greens – 1 seer
Moong dal – quarter seer
Salt – 2 tola
Turmeric – half tola
Asafoetida – 4 ratti
Oil – 1 chhatank
Black pepper – half tola

Temper the water and add the dal.

When the dal softens add the greens.

When the greens are cooked remove.

Lotus Root Curry

Lotus root – 1 seer

Salt – 2 tola

Turmeric – half tola

Asafoetida – 4 ratti

Souring – 3 tola

Oil or ghee – half pav

Black pepper – half tola

Jaggery – 5 tola

Coriander spice mix – 2 tola

Grated coconut – 2 chhatank

Peel and chop the lotus root and temper it.

Add salt and turmeric and cook.

When done add jaggery, souring, spice mix, and grated coconut and remove.

Colocasia Leaf Curry

Colocasia leaves – 1 seer

Salt – 1½ tola

Turmeric – half tola

Black pepper – half tola

Asafoetida – 4 ratti

Souring – 12 tola

Jaggery – 4 tola

Oil – 1 chhatank

Chop the leaves finely and temper them.

When cooked add jaggery and souring, mix, and remove.

Colocasia Stem Curry

Colocasia stems – 1 seer
Gram flour – 1 chhatank
Salt – 2 tola
Turmeric – half tola
Oil – 1 chhatank
Black pepper – 1 tola
Jaggery – 4 tola
Souring – 2½ tola
Coriander spice mix – 2 tola

Chop the stems and steam them. Drain the water and temper.

Prepare gram flour batter and add it.

When cooked add spice mix and souring before removing.

Raw Mango Curry

Raw mangoes – 1 seer
Salt – 2 tola
Turmeric – half tola
Ghee – half pav
Black pepper – 1 tola
Mustard – 1 tola
Black pepper – 1½ tola
Red pepper – half tola
Asafoetida – 4 ratti
Coriander spice mix – 2 tola

Cut the mangoes into small pieces.

Prepare the tempering according to the previous method.

Add salt and turmeric and cover.

When cooked add spice mix and boil once more, then remove.

Papaya Curry (Castor Cucumber)

Papaya – 1 seer

Oil or ghee – half pav

Black pepper – 1 tola

Fenugreek – half tola

Mustard – half tola

Asafoetida – 1 masha

Salt – 2 tola

Souring – 1 tola

Turmeric – half tola

Peel and grate the papaya.

Temper with fenugreek, mustard, asafoetida, and pepper.

Add salt and turmeric and cover. After some time add souring and remove.

Half-Ripe Banana and Fenugreek Greens Curry

Bananas – 1 seer

Fenugreek greens – quarter seer

Oil – half pav

Asafoetida – 1 masha

Black pepper – 1 tola

Coriander spice mix – 2 tola

Souring – 2 tola

Salt – 2 tola

Turmeric – half tola

Chop the bananas and temper them.

Add the fenugreek greens on top. Add salt and turmeric and cover.

When cooked add souring and remove.

Pakodi Curry

Gram flour – half seer

Ghee – quarter seer

Mustard – half tola

Whole coriander – half tola

Asafoetida – 3 masha

Black pepper – half tola

Fenugreek – half tola

Red pepper – half tola

Salt – 2 tola

Turmeric – half tola

Curd – 2 seer

If curd is unavailable, use dried mango powder – 2 tola

Mix gram flour with turmeric, pepper, asafoetida, 2 masha salt, and a little turmeric into soft batter and churn thoroughly.

Drop a little batter into water; if it floats, the batter is ready.

Fry pakodis in ghee until cooked and remove.

Then temper with fenugreek, mustard, asafoetida, and pepper. Add the curd.

Add salt and turmeric and boil. Then add the pakodis and boil once before removing.

Thus ends the fifth part of Vyajan Pak Pradeep, containing grain preparations, composed by Mukhiyaji Raghunathji Shivji.
